Alchemy of Life

Secrets of Converting Iron into Gold

Dr. Omanand

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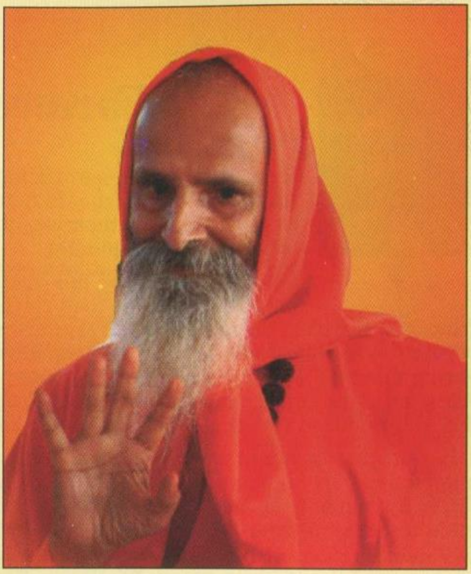
Surrender

In my life Bliss, Peace, Yoga and Meditation came with the divine grace, blessings and love from Gurudev Yugpurush Mahamandleshwar Shri Swami Paramanand Giriji Maharaj. This book is dedicated and devoted to him at his lotus feet.

Dr. Omanand



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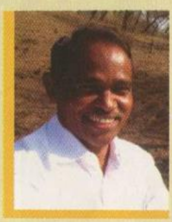

Foreword

Hari Om,

If everything in this world has been derived from The Supreme, then why is there suffering in human life? Some are under the tension of having to manage their wealth, while many on the other hand struggle to have food occasionally.

Since my childhood this question has remained in my mind, leading me to follow in the footprints of my elder brother, who left grahastha Ashram in search of the same answer. My curiosity towards searching the unknown has led me to visit many ashrams in the Himalayas, including Haridwar and Rishikesh. During this time I have been blessed by many great people, who are working for the liberation of the entire human race from suffering, such as Shri Muktanand Paramhans, Shri Abhiramdasji Paramhans and Rishikesh. Yogiraj Sidhhanath.

It is said that to attain the True Knowledge you are required to have a Guru, an enlightened person, to guide you. Although it is also said that you can't search for the person by yourself, the Master has to find you, you being the person he needs help from to guide humankind towards liberation from suffering.

On 2nd November 2014, an unforgettable day for me, I met Swami Dr. Omandanandji, who is lovingly called Guruji. Very often he says he doesn't need any Shishyas, he needs spiritual friends and what a true friend he is! On this wonderful day, all my worries along with all of my questions seemed to melt away at the lotus feet of Guruji.

All the answers to my questions on suffering were there in the sacred books of ancient Rishis, which I have read many times before, but was unable to realize its true meaning. With all his love and devotion, Guruji showed me these answers. I discovered that I was the one who is responsible for the sufferings in my life.

When I was asked by Sudarshanji (General Secretary of AISBOF) to write something about Yoga as a way to relieve stress, I accepted. Although once I started writing, it was a challenge as I felt that I wasn't the best person to write something that was going to be read by experienced executives of Great State Bank of India and other such. I expressed my worries to Guruji, who at the time was busy with his own schedule in the USA, yet he still gave me his time to comfort and encouraged me, to which I am very grateful for. I am also very thankful to Mr. Sudarshanji, who gave me this opportunity to do this small article for the entire members of our beloved organization (SBI Officers Association).

I express my hearty gratitude to my wife Dr. Manjula. Without her sacrifice it would not have been possible to serve the society tirelessly. My loving daughters Meghavi and Dhrutiare always supporting me in the life journey. I am grateful to all my colleges of SBOA of Ahmedabad Circle for their all-time full support.

I am confident that this book Alchemy of Life, (Secrets of converting Iron into Gold) will definitely help you on the path to liberation from suffering in every respect: social, economic and spiritual. Dr. Omanandji (Guruji) has a wide experience in this area and has transformed many people's lives with his blessings and teachings.

As Jesus says, "If you can, all things are possible for one who believes."

Success in all areas, liberation from suffering, joyful life and enjoying every moment with love and compassion are in your hands..... The choice is yours.

With love, I bow to the lotus feet of Guruji,

Who bestows his blessings to the entire mankind.

Shankerbhai Patel
General Secretary, SBIOA, Ahmedabad Circle
Sr. V.President AISBOF

Foreword

As Bankers we all deal with wealth ... public wealth. Have we ever cared for our personal wealth?

Yes, the real wealth is our health. It is neither money, not gold nor property but it is the health and only good health that matters. The synchronization of the body, mind and soul creates a positive energy within and leads to a balanced life. As bankers and as trade unionists it has become customary to dedicate long hours to the bank or the organization at the cost of personal health and family life.

Therefore it is necessary for us to devote some time towards the body and mind. And what is better than meditation and yoga? The United Nations Organisation has decided to celebrate June 21st as the International Yoga Day. That by itself shows the importance of the ancient Indian system of health care and meditation, which is acknowledged worldwide.

Com. Shanker Bhai Patel who himself is a yoga expert and practices meditation had volunteered to provide valuable inputs through the book. We thank Shri. Shanker Bhai for his sincere efforts.

Respected Guruji (Dr. Omamand) is a born Yogi, with many virtues blessed us with his wisdom of The Knowledge. Last year Shankerbhai introduced me to him and I participated in his discourse and brief practical session in our SBIOA General Body Meeting in Ahmedabad. I strongly feel that his guidance and practical solution in 'Alchemy of Life - Secrets of converting Iron into Gold' will be highly helpful to our comrades for transformation of their lives with total happiness. I express my sincere gratitude to Guruji for his kind blessings to all of us.

On the auspicious occasion of celebration of Golden Jubilee year of AISBOF in Mumbai, this priceless book is gifted to all our comrades so that we all can experience a true Golden Celebration of our life in years to come.

Y. SUDARSHAN
General Secretary AISBOF
President AIBOC

Our Talks

All of us want to live a happy and successful life. But often our life is full of stress, tension, frustration, sorrow, and anger. Why? I would say: it is not the intension of life to make you frustrated, it is you who are not listening to life. End the fear and life begins. A free will is gifted to mankind only. Your will is your destiny.

Life is happy when it has an opportunity to give something, Ego is happy when there is something to take. Nobody wants to give dukha (sorrow) to anybody. However, we all are doing it: husband to wife, wife to husband, boss to subordinate, subordinate to the boss, daughter, son, society. Why? If you are angry what can you give to others? Anger (krodh). Dukha (sorrow) flows from you because you have dukha within you.

Dukha has made your life like rusted iron, but in fact you are not iron. You have all ingredients to be pure gold. Only you have to learn the secrets to convert iron into gold.

Learn, practice and realize this 'Alchemy of Life', ***Golden era of your life begins.*** *Enjoy every moment of this Golden life.*

Most of the people live lives for themselves and only rare live for others, like dear ***Y. Sudarshan and Shankerbhai Patel.*** *They are divine souls working tirelessly for the wellness of others. My hearty gratitude goes to dear Y. Sudarshan for his efforts in transforming and inspiring the lives of SBI Officers, who in turn make the bank stronger.*

My dear Shankerbhai himself is a Yogi, whose life is devoted for cheerfulness of others. His valuable inputs, contributions and editing of this book are really appriciable. His sincere and honest efforts help to bring this book 'Alchemy of Life' into your hands.

Let almighty give both of them more courage, shakti and wisdom to continue service of mankind and attain a true success in their life.

I express my thankfulness to MaaBinduAnand (Bara Gabzdylova) from the Czech Republic, for editing this book tirelessly. My blessings for her Blissful life.

With Best Wishes and Blessings for Blissful Golden Life.

Omanand

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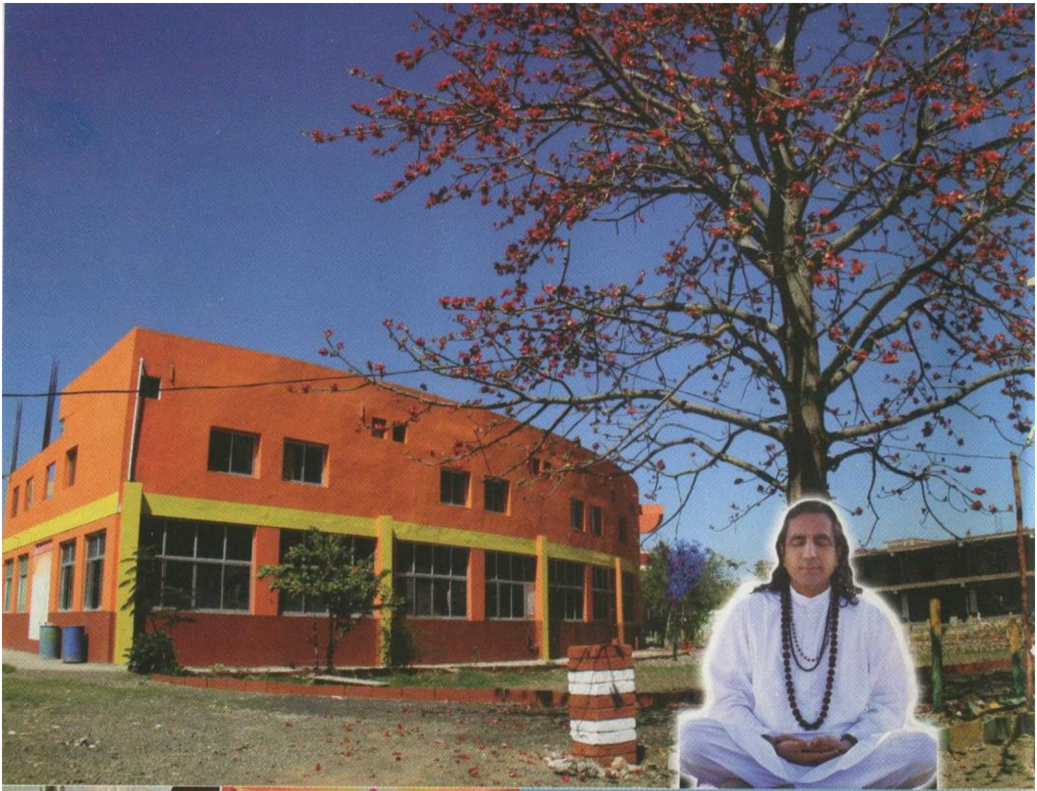

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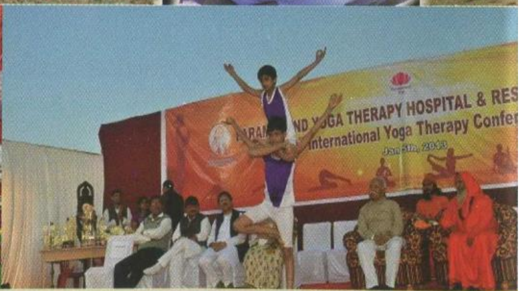
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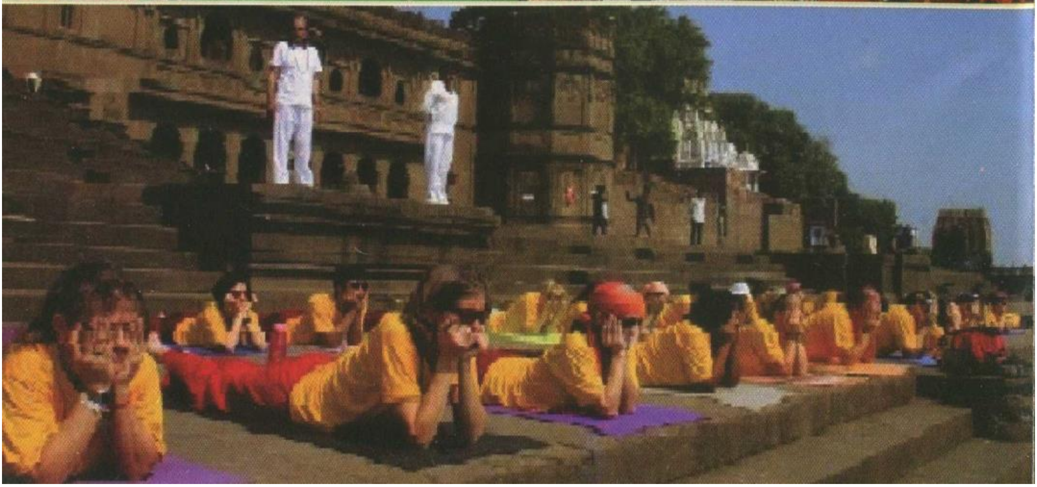


Chapter I

Life Secrets Revealed

Desires and definition of life

What are common desires of a person in the life?

Everyone has three desires:

1. **Happiness:** No one wants sorrow that means everyone wants happiness. Happiness includes wealth, health, friends, family, house, job, and so on.
2. **Eternal Life:** Any time if we ask question to anyone do you want to die now? Answer will be NO. This shows that we all want to live forever, and never die if chance is given.
3. **Knowledge:** Nobody wants to call him or herself as fool or ignorant. This indicates that we all wish to be called as knowledgeable person. It means we are seekers of Knowledge.

When I used to ask choice to people to select any one from above three, mostly people are interested in happiness. But happiness is a state of mind. Mind is perishable and will have both happiness and sorrow.

If, we select Knowledge, which leads to The True Self, other both comes automatically as by product.

What is life and life cycle?

For thousands of years this question always erupted in human minds.

This question will find different answers from the same person at different stages of life. Let us take an example of a banker Mr. Bhadra. His answers for this question were different at different stages of life:

Life is play - during his child hood
Life is a search - when he was a student
Life is fire - when he had anger
Life is love - when he fell in love
Life is hate - when he failed in love
Life is cheating – when he was cheated
Life is a poem – when he was singing
Life is a struggle – when he was struggling to succeed in his mission

Life is boring – when he was bored
Life is success – when he got success
Life is stress – when he had challenges
Life is fear – when he was given targets by the boss and chances of failure
Life is fight – when he may lose his job or post or possessions
Life is nightmare – when higher chances of bad debts occured
Life is depressed – not interested in work because of fear

There was no single answer for the banker.

They said, **"Life is *Leela* (playfulness)."**

But how can we life as *leela*? How can we realize this playfulness?

This can only be possible once we realize the secret.

The secret is hidden within. Our inner consciousness comprises of *Satchidanand.* This beautiful word is hiding three amazing words:

Sat = Existence
Chid = Consciousness
Anand = Bliss

Yoga and meditation is the key to enter into hidden treasure of Consciousness. Mind plays its tricks, but Consciousness is the bliss. Deeper understanding of mind and Consciousness can reveal the *leela* (playfulness).

Average person gets around 24,600 thoughts per day. I have asked thousands of people, "How many thoughts out of 24,600 are really useful for your life?"

A very common answer is "A few may be 10~20 or so…".

Even if we consider useful about 600 thoughts, then what about remaining 24,000 thoughts? The answer comes that these thoughts are garbage, trash and useless.

Then one should think, "Are we living life based on these garbage or trash?

Another question I often ask thousands of people is "Do you trust yourself?"

Most common answer comes, "No."

Then another question comes, if you don't trust yourself, then how can you trust others?

The banker's main job is to trust others. If you do not trust yourself, how can you develop trust to others? …this question remains unanswered. ?

Here, 'yourself' can be understand as your own life which primarily consists of *vishayas* (objects of the world, family, friends, house, wealth, money, post, position, senses, fashion, life style, your own body, and others), mind, intellect, wisdom and energy.

'Yourself' needs to be balanced to enjoy the true essence of life.

When you analyse yourself very interesting principle comes into effect.

"Body is higher than *Vishays.*

Senses are the boss of the body.

Mind is the boss of senses.

Intellect is the boss of mind.

Wisdom is the boss of intellect.

Energy or Soul is the ultimate boss of all these."

If I say this principle is given by Einstein then you will immediately trust this and start thinking and applying this principle into your daily life to improve 'yourself'. But the moment I say this is given by Krishna, then you may take it lightly as if Krishna is having less value than Einstein. This is not your fault. It is the fault of our education system, which has conditioned our minds and life that English or western science is better than Eastern ancient teachings. We adopted these teachings without openness. School and College courses are just to digest, not to be rebellion. Educations want us to believe theory, education and other information taught in our courses which are very easy and safe for education system. If someone put logics and brain, this will be rebellious and dangerous for entire education system. Getting a degree is goal that is why no one is rebellion. As we have been conditioned in our education system that scientist are better than spiritual teachers or masters. Although modern science has great findings and inventions, but it could not give peace and bliss to human beings. But human beings need openness. Openness is balance. But the fact is that all human and living beings have Spirit. Spirit means individual energy or soul or individual consciousness. The science of knowing the spirit or consciousness or energy is spirituality. Modern science has done great materialists achievements but without wisdom.

Once we know the science of Universal Law of Energy (ULE), this stress and tension can be managed very easily and comfortably. There will be balance in our lives. Same energy manifests in various forms:

- Pain or pleasure is the same energy
- Happiness or sorrow is the same energy
- Stress or relaxation is the same energy
- Toxic personality or nourishing personality is reflected by the same energy

Then question comes how to realize and utilize ULE, this science of energy in our life?

There is only one known and time-tested method: MEDITATION.

That is why it is said that 'Meditation is the Best Medication'. About this we will talk in later chapters.

Life is having great potential. Unfortunately we do not know all the possibilities, features, specialities, opportunities, secrets, etc. of our life. Therefore we are unable to live a complete healthy, happy and complete blissful life. As *Paras Pathar* (Paras touch stone) change Iron into Gold, similarly realization of ULE will change our rusted life and suffering into the Blissful Golden life.

Everyone wants to give happiness
not sorrow to others.
But everyone is giving sorrow.
Because what you have that
only you can give.
So be peaceful, blissful,
and compassionate.

Chapter II

Sorrow and Stress

There are five major causes of sorrow *(kleshas)* as per Enlightened Seer Maharishi Patanjali. He explains in his one of the most powerful text of life sciences (Patanjali Yoga Sutra, 2/3 to 9) as follows:

1. **Lack of insight *(Avidhya):*** Transitory as eternal, impurity as purity, sorrow as joy, and immutable as mutable. The understanding is that all these are ignorance *(Avidhya)*.
2. **Ego *(Asmita):*** When the Seer and the Scene identify as oneness is called ego.
3. **Attachment *(Raga):*** Attachment is when attraction and wanting gives feeling of happiness.
4. **Aversion *(Dvesha):*** A feeling of hate towards others.
5. **Fear of losing *(Abhinivesh):*** Abhiniveshis fear of loss or fear of death. This affects many, including intelligent people.

Stress and Sorrow

In the present age due to various reasons we all are suffering from stress. This leads to many physical and mental ailments. Medical science has proved that over 90% of disease are caused or complicated by stress. Stress is extreme negativity expression of energy.

Causes of Stress

- Where you are currently and you are not satisfied
- Expectations unfulfilled
- Desires unfulfilled
- Ego unfulfilled
- If the universe is not responding with our unending desires
- It is body's automatic response to any physical or mental demand placed on it
- When we break the "Natural Law"

- Fighter of Flight response is elicited
- Yours expectation towards situation, activities, relationships that cause "trauma" to one's physical, mental, emotional or psychological self

Outcome of Stress

Unusual stress can cause an unproductive anxiety level which leads to many ailments. The negative effects of stress may result into weight loss, diabetes, high blood pressure, heart palpitations, anxiety, and depression. Stress and violate thoughts can be impose on us by ourselves, done by others or instigated by others. They give unending suffering.

Expectations

Extreme stress is a result of unfulfilled expectations. When unfulfilled expectations turn inward, it converts into **depression** and when it turns outward converts into anger. We expect other people to behave in particular ways, to perform particular task in a particular manner. People around as do not act in accordance with the role we have assigned. The world does not function in accordance with all our preconceived notions. We also do not behave as per the expectation of other around us. Hence, expectations are frustrated, we experience stress and became angry. When we command by anger our blood pressure rises, our pulse rate jumps, our vision becomes clouded. Anger, whether it is expressed, suppressed or repressed it is one of the greatest contributors to mental and physical ailments like heart attacks and strokes.

What to do when there is stress?

When mind is uncertain and full of negative thoughts, contemplate on reverse thoughts. (Patanjali Yoga Sutra, 2/33).

Therefore orienting towards the reverse is needed for getting rid of stress and negativity.

How does meditation work on relieving stress and tension? Let us look into it at a glance. This mistrust, garbage of thoughts and imbalance are very closely related. These all together produce stress and tension in one's life.

Stress = garbage of thoughts + mistrust + imbalance + fear

Stress and tension is a product of multiple complexions of life. These complexes arise out of garbage of your own thoughts, mistrust, fear of unknown and imbalance in own life.

Everything which glitters is not gold. What is more advertised, organized, modernized, nicely presented may not always be right. We are more attracted by so called modern professionals who charge hefty fees and show their research in more presentable way to mesmerize the world. Most of the modern Inspirers, Motivators, Psychologists, Modern Management Gurus, Professors, Doctors or Mentors teach positive thinking for stress reliving. They teach think and act positive only. What about negative? Their approach means only with positive current they can get the light in the bulb? This is principally against the ULE. If, you go and see the personal lives of most of these professionals very closely you will be astonished and shocked that their own lives are full of stress and tension. Their family lives or other levels are disturbed or imbalanced. If, their own lives are not balanced or an ideal then it is futile to follow their teachings! They are wasting the priceless life by giving a price-tagged formula of your life which can be stressed free! Philosophy is a flow of thoughts without any reality or base and ultimately it does not give something tangible to the life. This truth may shake up many.

Purpose of writing this rebellion truth is to awaken the people who are in suffering, can find a right solution to their challenge. Patanjali, Krishna or Kabir have no business greed. They hit right at the root of problem, so that one experience liberation from sorrow. Their own personal lives were ideal, what they said, they lived.

Returning Home: If you are a professional, for example a banker, try to review your daily life routine once coming back home from the work. Are you reaching your home with following symptoms: sometimes with love and happiness or mostly tired and exhausted, frustrated, full of anguish, suppression, feeling of something is lacking, tons of thoughts, fear, loneliness, weakness, anger, hate, boredom, office thoughts, stress, tension, burden or unknown factors?

While taking bath, changing clothes or getting ready for dinner the thought process with above symptoms continues. Meeting with family may sometimes give a tiny relief but with absent mindedness. Sometimes watching TV, movie or reading newspaper helps to escape from above symptoms.

Sleep: Then trying to sleep and do not get easy sleep or suffering from insomnia. Often you are fully tired and you do not go to sleep but dumped in the bed and lost unconscious. In unconscious way you lose the real taste of life. Or try to sleep but cannot get sleep because of anxiety and conflicts. During sleep you get all types of dreams good, bad, ugly, horrible and so on. Sometime you get up in mid night then it is very difficult to get sweet sleep again.

Morning waking up is not a joy for most of the people because for them life is stressful and burdensome. Rather than having a deep and clear sleep, your sleep is imbalanced and unconscious. Usually, you are kicked out of the bed by fear, fear of not reaching your offices or jobs on time! If failed you are fired!

Fear: It is one of the main cause of stress, tension and anxiety. You drive to work with bundles of thoughts causing the stress to continue. Mad rush carries on in the office or workplace. All those goals, targets, fears, imbalances, confusions, pressures continue building up tensions and stress. Fear of failures and frustration looms up clouds of stress and tension takes over. Despite having better post, position, salary, emoluments, perks, house, cars, TVs, and other luxuries, you live in stress and tension. The reason for this stress and tension is inner imbalance.

Anger: One fine morning boss Bhutnaath was firing General Manager Kalinath. General Manager was thinking whether he committed any mistake, this firing is wrong. Kalinath became very upset and returned to his cabin, called Manager Gelanathand and expressed anger and displease. Gelanath thought about his innocence and this unexpected attack. Gelanath returned back to his desk with heaviness in head and shouted at an officer Lalunath. Lalunath thought that he has not committed any wrong doing then why this scolding? Lalunath while passing through passage shouted at peon Rajunath. Rajunath was helplessly listening to frightening and firing words. Poor Rajunath went home and shouted full of anger at his wife Sharmili. Sharmili could not understand what happened to her husband. She became very upset. Suddenly their small daughter Goli came playing in the room and asked to play with her. Then instead of playing with Goli, Sharmili slapped innocent Goli for really no reason.

Goli went into her room and broke the neck of her very lovely doll.
Who is responsible for breaking the neck of innocent doll?
Who should be fired? Your one silly thought makes entire life silly. We have to be aware; this is one of the glimpses of ULE.
Above is a common fact of life which is witnessed in almost all countries in the world.

More than 92% of Americans see the psychologist during their lifetime. More than 90% of Americans have back pain in their life.

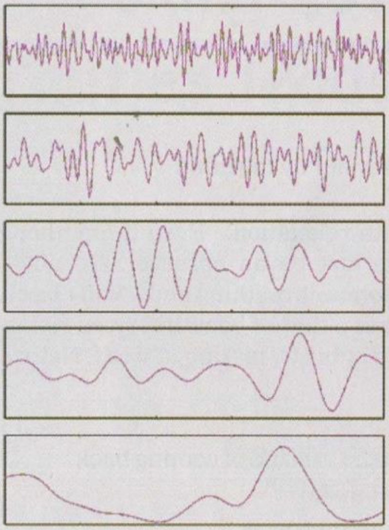
Researchers conducted a comparison study between the stress level surveys from 1950s and the latest ones and came with shocking results. The stress level among students is almost the same as it used be in 1950s among adults. What does the result of the survey say? Now a day, young generation is deeply stressed.

As a consequence, official data of the world state that every 40 seconds there is a suicide happing somewhere in the world. That is an official statistic. However, not all suicides are reported resulting in facing more serious problem. All this is happening because of increasing stress level.

Tension and Brain Waves

All these stress and tensions are happening in life and affecting our hardware (Body systems).The most affected organ by stress and tensions is our very sophisticated brain with its almost 80~100 billion neurons. Balancing of brain is very important for healthy human life. There are different levels of brain waves, which are helping us running our life.

- **Beta:** 13~40 Hz: Awakened state leads to critical thinking, worries, stress, paranoia, fear, irritability, moodiness, anger, weakened health and immune system, inability to relax, nervousness, depression and anxiety. Most of life spends on Beta state.
- **Alpha:** 7~13 Hz: State of memory, creativity and learning, between conscious and subconscious mind, habits, phobias, insomnia, daydreaming, less peaceful.
- **Theta:** 4~7 Hz: Dream state. Insight, Inspiration, Intuition, floating, problem solving capacities, answers come, easy connection to others.
- **Delta:** 0~4 Hz: Deep sleep, rejuvenating, healing, rewarding, balance, restoration of health.
- **Gamma:** 39~100Hz: Most subtle, beyond thoughts, cosmic energies, expanded consciousness, State of Bliss, higher virtues, mystery. If critical decisions are taken in Beta level, then results will not be so good.



Gamma	40 - 100 Hz	*Found in monks experiencing transcendental mental states, and during bursts of insight or high-level information processing*
Beta	13 - 40 Hz	*Normal waking state; present during times of increased attentiveness, concentration, energy, and stable emotions*
Alpha	7 - 13Hz	*Relaxed state during meditation, daydreaming, first thing in the morning, just before falling asleep, and hypnosis*
Theta	4 - 7 Hz	*Dominant during light and REM sleep, extreme relaxation, increased creativity, visualizations, imagination, and problem solving*
Delta	0 - 4 Hz	*Usually during deep, dreamless sleep, also during the "White Light", or "Void" meditative states of timeless suspension*

But if decisions are taken in either Alfa level or Theta level results will be profound.

Question raises how to travel from Beta brain waves to Alfa brain waves ant Theta brain waves. The answer is by regular practice of specific meditation or Chidshakti Jagran Prakriya (Consciousness Power Awakening Technique) (CPAT). After learning CPAT from Paramanand Ashram, just practice only 24 Minutes daily.

Once this practice is mastered one can reach the Alfa to Theta to Delta to Gamma and live Blissful life free from stress and tension.

Life becomes meditative walking, talking, acting, sleeping, meditative life full of bliss, free of stress and tension.

Tips for effective release of stress and tension

One of the very powerful techniques is called 'Instant relaxation technique' (IRT).

- Sit on the chair (when in the office) or lay down on your back, whatever is the suitable and possible at that moment
- Close the eyes
- Tighten, squeeze and contract the whole body
- Start from belly. First inhale, hold the breath and tighten the belly.
- Clinch fists
- Tighten the face
- Tighten the whole body
- Let the whole body shiver and vibrate in tightening
- Relax the whole body
- Repeat this for 5 times
- This will take about 3~4 minutes
- Thereafter do nothing, neither by the body nor by the mind
- The whole body is relaxed
- Bring awareness on your breathing with relaxation. Even if any thought comes, do not fight with the thoughts just be an observer. Do not say anything, only see. Bring the thought into your breathing and it will dissolve. Doing nothing, everything is happening as a flow of beautiful river, rising of the Sun, blossoming of flowers, chirping of birds, hissing of wind, Nature is here for you....let it happen.
- Be present on your third eye
- After 10~ minutes, slowly you may start the process of coming back
- Then again stretch the whole body, deep inhale.
- Rub your face, ears, neck, eyes and gently come back

- Within 10 minutes you will feel tremendous shift in your energy, relaxed, re-energized and free from the tension and stress

This technique gives many excellent results and has a positive impact on both personal and working lives. I am fortunate to guide IRT to stressed and tensed people in small to large gatherings. It has given excellent results. Workings and life of countless people changed.

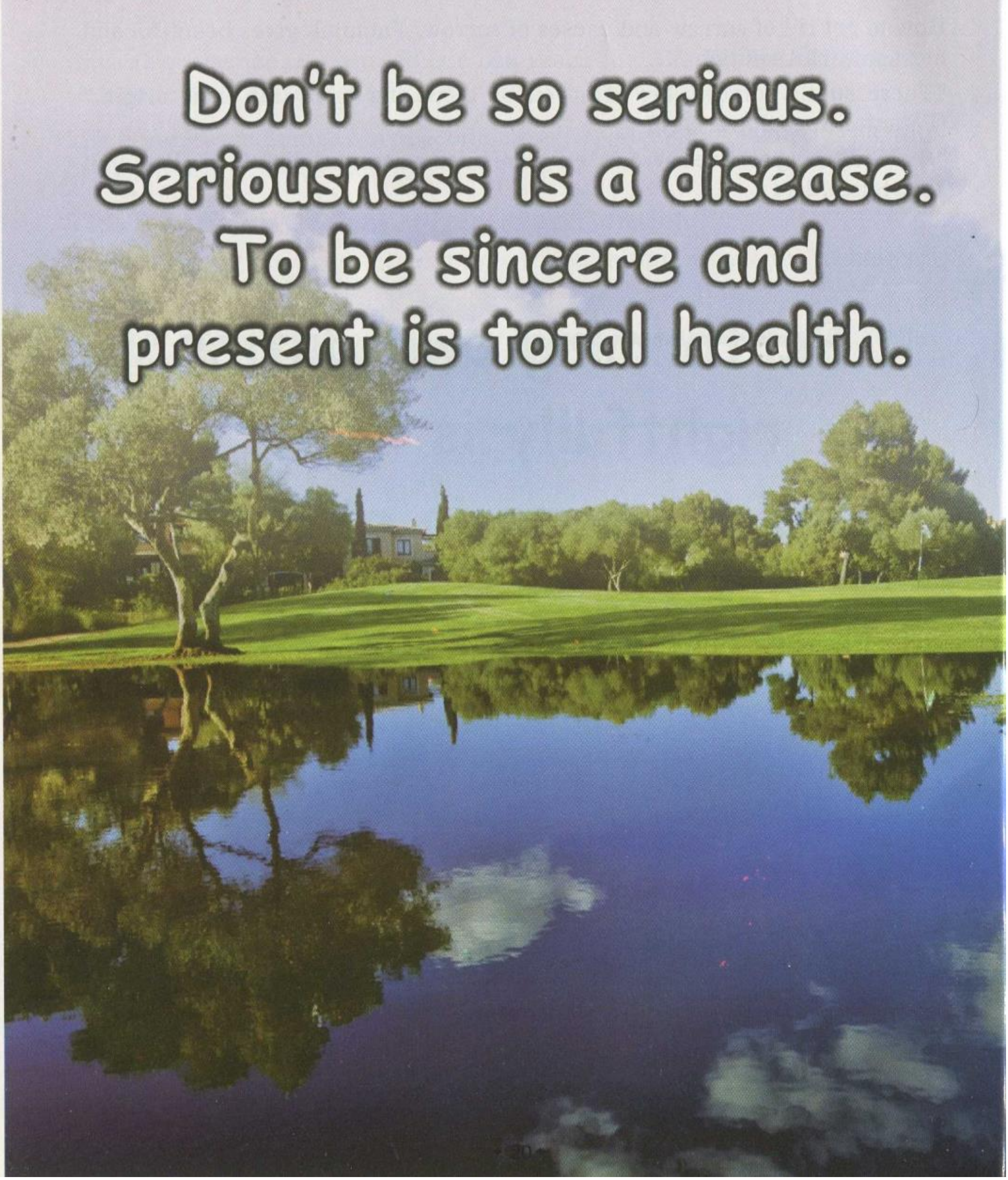
How to get rid of sorrow and causes of sorrow? Patanjali gives beautiful and most powerful solution.

"These subtle sorrows are removed by disposing them into their origin." (Patanjali Yoga Sutra, 2/10)

"By Meditating all five sorrows' external misconceptions dissolve." (Patanjali Yoga Sutra, 2/11)

Performing own duties rightfully is Bliss. Poking nose in others' duties leads to miseries.

Don't be so serious.
Seriousness is a disease.
To be sincere and
present is total health.



Chapter III

Mind

Peace, happiness and sorrow depend upon you. Mind can come into rescue or fight.

Srimad Bhagvad Gita says:

"One must deliver himself with the help of his mind, and not degrade himself. The mind is the friend of the conditioned soul, and his enemy as well." (Bhagavat Gita, 6/5)

"For him who has conquered the mind, the mind is the best of friends; but for one who has failed to do so; his mind will remain the greatest enemy." (Bhagavat Gita, 6/6)

The mind is flexible and workable. If we train it, anything is possible. Presently our mind is trained by default to such an extent that all the negative emotions rise spontaneously, without any efforts to generate them. Once you understand the true nature of mind you can use that understanding to tame mind and work with it skillfully, to make it more flexible, and become the master of your own mind and employ it to its tallest and most beneficial end.

Ignorance to our true nature is the root of all the torment of *Samsara* (mundane world) and root of ignorance itself is our mind's habitual tendency to destruction. The key to this is to bring the mind home to its true nature, through the practice of meditation.

Where are the roots of Yoga psychology?

The roots of Yoga psychology are thousands of years old and came from the Vedic age. These roots can be found in Samkhya philosophy, Bhagavad Gita, Patanjali's Yoga Sutras, the Upanishads and other sacred scriptures. The Bhagavad Gita starts with its first chapter, "*Vishad Yog*" which means "Yoga of despondency or despair". This chapter states about times of confusion, stress, tension, anxiety, dispassion, sufferings, and sorrow, to name a few. Thereafter chapter discusses, "How one can get freedom from these challenges?"

Maharishi Patanjali defines Yoga as "*Yogaschchittavritti Nirodha*" which means going beyond movements of the mind is called Yoga. This means Yoga starts with the real understanding of the mind. This is beginning and completion of Yoga psychology. Mind is servant and Atma (Soul) is the master. This is Yoga psychology.

The Upanishads say that our true nature is atman, or a state of consciousness that is unperturbed by our mental anguish. We are '*SatChidAnanda*', *Sat* means The Truth, *Chid* means Consciousness/Knowledge and *Anand* means Bliss. We have an access to our true and pure nature. This higher state does not wrestle with mental disorders, because it is totally pure. This is one of the major aspects of Universal Law of Energy.

Ayurveda a life science of total health and life says that Yoga (which talks about Oneness and no duality) and Samkhya (a philosophy which accepts duality) help us to understand the world around us as well as our place within it. Ultimately one can trans the dualities of mind and the world through Yoga.

What is psychology?

Psychology word comes from Greek words, psyche meaning soul and logos meaning study. There are different psychologies between the West and East. Western psychology is materialistic. It denies soul, spirit, being which is immortal beyond the physical body and the mind. All the sciences study about objects.

The East defines psychology as a study about the subjectivity of a person, not the objects around him. The East has devoted thousands of years for the development of consciousness awakening and knowing of the human self.

The modern definition of psychology is the scientific study of the human mind and its functions, the study of mental characteristics, attitude and behaviour of a person or a group. Unfortunately, modern psychologists often do not know themselves this can be evident from the studies which say that psychologists and psychiatrists have double the suicide rate than ordinary people.(They are not self-realized). The question is: How they can help others, if they do not know themselves?

The modern psychology can be termed as immature science as it cannot transform you but provides only adjustments or consolation. Psychology teaches, to adjust to the society, to the family, to the ideas that are dominant around us, which are often insane. Psychology can provide a few insights into the mind, but it cannot lead beyond the mind.

What is therapy?

Commonly therapy means 'treatment', that is intended to relieve or heal a disorder.

The treatment of mental or psychological disorders by psychological methods indicates that a person is undergoing some therapy sessions.

The purpose of therapy is to resolve problematic behaviours, beliefs, feelings and or psychosomatic responses when it is psychotherapy.

Therapy addresses and resolves many issues, symptoms or specific diseases.

What is Yoga psychotherapy?

When the great scientist Albert Einstein said "Everything is energy", it was difficult for people to understand and digest. But when he further added to his statement, "This is not philosophy but this is physics". People started to believe the statement.

Similar statement is thousands of years old as said in Yoga. This means mind is also energy. Yoga says "Everything is the expansion of one Consciousness".

If there is any problem or disorder in the mind or body then a holistic approach is guided by yogis for greater balance. The treatment of mental disorders or imbalance through holistic approach and understanding of source of disorder is termed as Yoga psychotherapy.

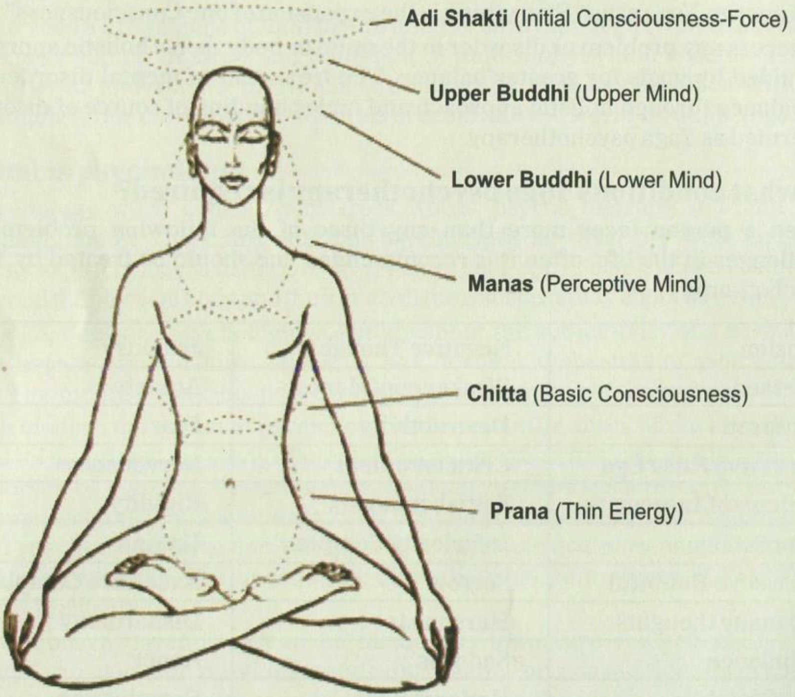
In what conditions Yoga psychotherapy is required?

When a person faces more than any three of the following problems or challenges in the life, often it is recommended one should be treated by Yoga psychotherapy:

Tension	Negative Thoughts	Jealousy
Stressed	Weaker confidence	Anxiety
Confused	Destructivity	Fear
Excessive False Ego	Criticise others	Nervousness
Feelings of Insecurity	Selfish thoughts	Rigidity
Depression	Inferiority Complex	Unkind
Excessive Doubtful	Sorrow	Excessive Complains
Too many thoughts	Harshness	Disharmony
Imbalance	Sadness	Anger
Over weight	Under weight	Constipation
Weaker memory	Headache	Migraine
Back Pain	Cervical Spondalitis	Pessimistic
Weakness	Excessive seriousness	Disrespectful
Relations with others not smooth		

What is Yoga psychology?

Streams of psychology, originated from the East based on thousand years of research and experiments. Eastern psychology is the science and philosophy that deals with mental processes and behaviour and goes beyondvisible and expressed energy. Eastern psychology found very clearly that there is something higher than the mind. There are higher levels who controls, directs, lead and guide the mind.


Adi Shakti (Initial Consciousness-Force)
Upper Buddhi (Upper Mind)
Lower Buddhi (Lower Mind)
Manas (Perceptive Mind)
Chitta (Basic Consciousness)
Prana (Thin Energy)

What is Western psychology?

Western countries investigated, researched and analysed the pattern of mental behaviours and its related fields. In the West, couple of hundred years back, few philosophers and psychologists were giving their views towards psychology. Western psychology is the science that deals with mental processes and behaviour.

What is the history of Western psychology?

The roots of Western psychology can be linked to Greek philosophy. Plato (347 BC) and Aristotle (384 BC) were among the first philosophers who spoke about the mind. Plato said that body and mind are two separate entities and mind could exist even after death.

What is the history of Yoga psychology?

History of Eastern psychology can be found since Vedic era which dates back over 10,000 years. Ayurveda talks about mental imbalances which occur due to imbalance of *dosha* (character or humour). About 7000 years back *Ramayana*, (the greatest scriptures of Indian history talks about the life of Lord Rama) said that one should kill *Tamsik* mind (destructive mind) and established *Sattvik* mind (balanced mind). Bhagavad Gita, 5000 years ago, says a lot on various aspects of mind and Yoga. Buddha, 2500 years ago, gave many tips about mind behaviour.

Comparison between the mind and Consciousness:

What are the major differences between the mind and Consciousness. These differences one can experience only after clear understanding of the mind and realization of the Consciousness.

Particulars	Mind	Consciousness
Time	Within Time	Timeless
Change	Changeable	Unchangable
Limits	Limited	Unlimited
Process	A process	Eternal
Dream	A dream	Reality
Status	An Imagination	The Truth
Base	Information	The Knowledge
Development	Develops after birth	Eternal
Circumstances	Conditional	Unconditional
Life	Dies	Never dies
Parasite	Dependent	Independent
Presence	At a particular area	Omnipresent
Power	Limited	Omnipotent
Hierarchy	Servant	Boss
Health	Partial	Total Health

What is the difference between Western and Yoga psychotherapy?

There are few basic differences between Western and Yoga psychotherapy. The most prominent being that Yoga can be termed as subjective based and whereas Western is objective.

Topic	West	Yoga
Ego	Fortify	Dissolve
	Objective (dreams / hobbies, etc.)	Subjective
Analysis Cause Attitude View Reasons for imbalance	Thinking Analysis Dissection Impressions, surroundings, circumstances	Karma Synthesis Whole False Ego, ignorance, a ttachment, desire
Treatment	Relax the thoughts, analyse the dreams	Meditation, awareness and go beyond the mind
Goal	Adjustments, corrections, improvements of mind	Self-realization

What was the biggest challenge of Freud's (father of modern Western psychology) life and his own mind?

It is said, that Sigmund Freud father of Western psychology, was afraid of death that even if, someone mention the word 'death', it was enough to throw him into a coma. He had a phobia of word death. So much so that he went into comma 3 times upon hearing it. He would not pass by the side of a cemetery, as he was too afraid. Sigmund Freud had tremendous intellectual acumen. He knew every root of the mind as well as every subtle functioning of the mind but still he remained confined in the mind, and unable to go beyond mind.

Sigmund Freud's disciples asked him many times, "We bring our dreams to you to be interpreted and you psychoanalyze. Please allow us to psychoanalyze you and give us your dreams and we will try to analyse them." But Sigmund Freud never agreed and allowed them to do so. This indicates an immense weakness in the whole framework of psychoanalysis system given by Freud. Freud himself was afraid that his disciples would find the same things in his dreams that he was finding in theirs. Then Freud's superiority as a founder, and a master would be lost.

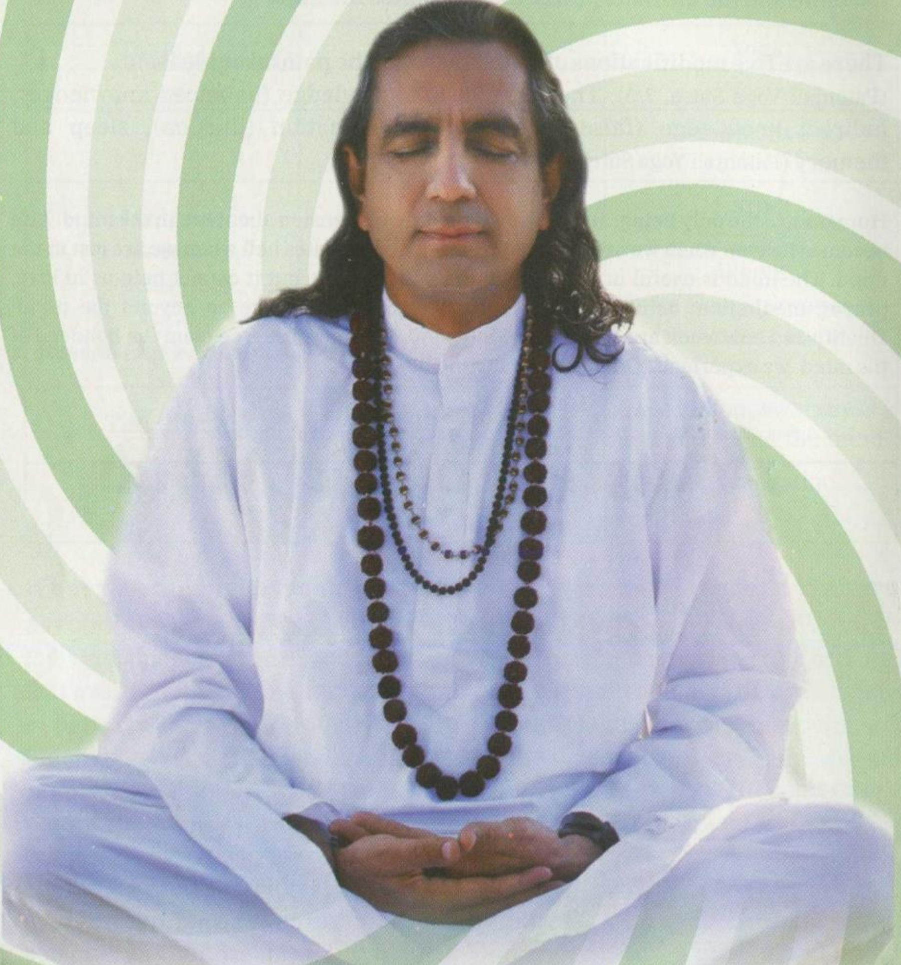
Who is the original inspirer of Yoga psychology?

Lord Krishna can be termed as the original inspirer of Eastern psychology. About 5200 years back, in Bhagavad Gita he has described various aspects of the mind and the ultimate power that regulates the mind.

There are five modifications of mind; these can be painful or pleasant (Patanjali Yoga Sutra, 2/5). These are direct knowledge (balanced knowledge), indirect knowledge (false knowledge), imagination (illusion), sleep and memory (Patanjali Yoga Sutra, 2/6).

Humans are the only beings in the Universe who hold tension about life in the mind. Life becomes heaven when we are beyond the mind, but becomes hell when we are lost in the mind. The mind is useful in attending to worldly desires, but it cannot help us in love, prayer, meditation, or liberation. Meditation occurs when we go beyond the mind. Duality and confusion are creations of the mind. When we are free from the bondage of the mind, we experience Oneness, clarity, and liberation.

Mastery of the Mind
means
Mastery of the Life.



Chapter IV

Secrets of Sounds and Mantras

Modern education teaches about the tangible, material successes in the world. But what should be the price of invisible? As per science, what we can see through eyes (visible) is called 'matter' and what we cannot see through our eyes (invisible) is called 'anti-matter'.

The price of one gram matter could be $1 but the price of one gram anti-matter could be one hundred trillion dollars as per NASA, the USA. Please see the website: http://www.nasa.gov/centers/glenn/technology/warp/antistat.html

Shabd Vigyan (Science of Sound) comes under the invisible category. One cannot see the *shabd* (Sound) but one cannot deny the powers of *shabd*. *Shabd Vigyan* is a Science of sound in which one studies the powers, effects, techniques of *shabd* and Mantras. *Mantra Vigyan* (Mantra Science)was invented by rishis for communication across the universe. Mantras' have many ultrasonic and infrasonic sounds. Yogis knew this treasure of knowledge and secrets of creation which are encoded in Mantras. For example, Gayatri Mantra has nine special words. These special words are a hidden formula. When continuous recitation of Mantra (Japa) happens, it initiates special rhythmic pressure on nervous systems and titillate chakras, body, mind and senses.

Sound OM is omnipresent, omniscient and omnipotent. This chanting comes under *Naad Yoga* (Sound Yoga). *Shabd Braham* (Sound Braham) includes Mantra science.

Ayurveda one of the oldest medical sciences also recommends *Mantra Chikitsa* (treatment) through their main scriptures:

1. Charaksamita (Sutrasthara 30.21)
2. Athrvav Veda
3. BhelaSamhita
4. SushruitaSamhita

These Ayurvedic scriptures divide diseases which can be cured through Mantra *Chikitsa*. They are categorised as follows:

1. Swelling, tumours or wounds (*sotha*)
2. Poisons (treatment of *vish*)
3. Treatment of mental disorders (*unmatta*)
4. Treatment of fever (*Jvar*)

As per ancient scriptures, the reciter of the Mantra must have certain qualifications:

1. Purgation
2. Proper moral basis
3. Requisite practical skills
4. Adequate intellectual grounding
5. Status - initiated by the Guru or guided properly

There are set procedures for chanting Mantras. Correct procedure, breathing, utterance, loudness and other qualities are important for effective Mantra treatment.

Ancient scripture by Bharthari, '*Vakyapadiya*' describe "Everything is *ShabdBhraman*.

Maharishi Patanjali says "Everything is Ishvar - shabd". (chapter 1/ sutra 24~29).

There are 5 levels of sounds (*vaani*):

1. *Vyakt* (audible)
2. *Avykt* (non-audible)
3. *Shabdbraham* (word is Bhramn)
4. *Naadbraham* (sound is Bhramn)
5. *Anahatnaad* (Un-struck Sound)

Powers of sound are immense. They can break bridges, buildings, human nervous system, and other destructible things. Sound power can be misused for destruction.

There are many special rhythmic sounds which can light the candle (*RaagDipak*), bring the rains (*RaagMalhar*), and others (*RaagSankar*).

Today science knows that ultra sound waves cannot be heard by ears.

Sonograph or ultrasonic imaging helps in medicals science, especially in surgery and diagnosis and treatments of various diseases.

Many experiments confirmed that typical sounds or noises can made most of chicken hens lose their feathers; plants, trees or crops can die and fail.

Russians did some experiment of infrasonic waves during 2nd World War on human beings in Canada. These experiments were lethal.

Human body and mind is super advanced laboratory.

Body is manifestation of *Shabd Braham*.

Dr. Hans Jane experimented with melting of steel plates by supersonic sounds.

He developed Ton scope a machine for sound conversion into image.

He found that Om chanting was making an image of Om.

He concluded that Mantras were discovered by Indian visionaries who were great enlightened masters who could see beyond mind, senses, body and visible.

Dr. Leislier Lasanio of Vienna studied very positive effects of Om on patients.

Vak Shakti (power of voice) is tremendous. Lost battle can be won with few inspiring words for soldiers.

Soothing or abusive words can change the chemistry.

Certain frequencies of sound create a general relaxation also known as Alpha state. Pyramids have a constant frequency around 7 Hertz. Chanting OM ॐ also produces about 7~ Hertz: The Nada Braham Om or ॐ corresponds with modern science Schumman Resonance in bio magnetic fields. The seven chakras in the body may also correspond with Schumann Resonances of earth, such as 7.83, 14, 20, 26, 33, 39 and 45 Hertz. It is a known fact that 7.83 Hz is the strongest of all.

1. Om ॐ – 7.83Hz
2. Gam – 14hz
3. Hleem – 20Hz
4. Hreem – 26Hz
5. Kleem – 33Hz
6. Krowm – 39Hz
7. Sreem – 45Hz

These frequencies give important effects in healing and state of person.

Mantra is not a guarantee for the change or transformation. It is because every person carries his or her own *karmas* (past actions) and *Prarabadh* (destiny). One cannot change the destiny (*Prarabdh*) but Mantra can reduce the ill effects of bad or hard times. Mantra can increase the inner immune powers of person. Mantra gives courage and strengths to face the challenges which may clear peacefully and in a better way. But one needs to proceed with full trust, devotion, surrender and dedication.

What is the origin of the Mantras?

Vedas and ancient scriptures say that origin of all Mantras is sound ॐ (OM or AUM). Scriptures and the masters say that this sound is eternal. This sound is also called as *AnahatNaad*. *AnahatNaad* means a sound which is produced un-struck or without hitting the two. Whereas science says that sound cannot be produced without hitting the two. This sound is also called as sound of consciousness and / or sound of existence. This sound is beyond the boundaries of time.

What is Mantra?

In Sanskrit Mantra is having very deep meaning.

Those who know this say that Mantra is not merely few words or collection of words or any typical language. Sanskrit word ‘Mantra’ comprises of two words. ‘*Man*’ (mind) means ‘to think ’and ‘*Tra*’ means ‘expansion’ or ‘to protect’ or ‘free from bondages’ or ‘merging’. Mantra leads to free from mental blockage.

Mantras are coded language or specific vibrations, secret signs in world’s most scientific language, Sanskrit. NASA, USA uses Sanskrit language. Science believes that sound and vibrations are energy. When certain sound is produced in a certain tone, style or rhythm, desired powers or Shakti comes and accumulates. There are infinite powers beyond mind. These powers activate beyond mind and start functioning in the desired direction for a specific purpose.

Mantra means controlling the mind
Mantra means directing the mind
Mantra means knowing the mind
Mantra means flowing above the mind
Mantra means realising the mind
Mantra means understanding the mind
Mantra means going beyond the mind
Mantra means the treasure of powers
Mantra means Devata (Divine powers)
Mantra is Daviy Shakti

'***Mananat-trayateiti Mantrah***' means Salvation is attained by constant reciting Mantra.

Through Mantra one can easily attain goals of life which are fourfold fruits (*Chaturvarga*):

1. *Dharma* (Rightful living)
2. *Artha* (Creation of wealth in rightful manner)
3. *Kama* (Rightful desires) and
4. *Moksha* (Liberation).

Mantra Yoga reveals the innermost divine communion of Self-realization.

What is Sound and Mantra Yoga?

Maharishi Patanjali says, ‘*YogaschChittavritti Nirodha*’ (Patanjali Yoga Sutra, 1/2). This sutra means ‘Going beyond the mind’. When specific shabd (sound or vibrations) helps in going beyond the mind, then ‘Mantra Yoga’ happens.

With the help of Mantra moment comes when ‘*Amani Avstha*’ (state of no mind) happens, this is called as Mantra Yoga. In *Kali Yuga* (the current age) there is specific importance of Mantra Yoga. Mantra Yoga gives very good results, if performed with full dedication, devotion, non-attachment and sincerity.

Sound is energy; vibrations are energy. Mantras create invisible energy forms. Each Mantra creates specific combinations of sound and complicated shapes. As fusion or splitting of an atom produces tremendous energy similarly, repetition and recitation of the Mantra brings mysterious powers and forces.

What are the uses and importance of Mantra?

Mantra Shakti (powers of Mantra) has been proved to be very powerful in comparison to *Yantra Shakti* (powers of instruments). Mantras are divine codes with rare potential on our consciousness. Mantras help awakening our latent powers and force. Biological parents can give birth to physical body. But Guru gives birth to *Chinmay* Body (Inner Consciousness) through *Mantra Diksha* (Mantra initiation).

Mantra reduces restlessness of the mind, and develops the concentration and memory. Mantra gives different effects on different energy centres of the body. Many enlightened yogis have mentioned and also proved the powers of Mantras. Mantras can be used to attain:

1. Supreme Knowledge
2. Supreme Shakti
3. Ultimate Wealth
4. Supreme Happiness
5. Supreme Health
6. Supreme Liberation
7. Supreme Bliss
8. Salvation
9. Liberation and others

What are the powers of Mantra Shakti and Divine name?

Mantras provide purity and powers.

Powers of Mantras are infinite and limitless; few of the examples are dead become re-alive, control of the five elements, controlof the nature, disappearance and appearance as per will.

In this world we all are given a name and if, someone calls our name with respect we are pleased. If, someone calls us in an ugly way, it irritates us. If the name of God is chanted correctly gives us the desired result. God can be experienced and realized through devotion, dedication and recitation of Mantra rather than through reasoning and intellect. If someone shouts at you and call you as a donkey or an ass, you will be annoyed. But the same person if, calls you with sweet voice, you feel delighted.

There is a tremendous power in the name and words.

The power of the name is incalculable especially when we chant God's name through Mantra. Chanting name of God leads to God-consciousness.

How to increase power of the mind by Mantra?

Weaker minds are too much wavering, unstable, phobia tic, and confused. A selected Mantra repetition can bring balance and strength in the life of weaker minds. Mantra focuses the scattered energies into a required zone which work effectively.

Mantra increases the powers of the mind as well as purifies the mind. Mantra provides inner peace and pleasure of the mind. Scattered mind is weaker mind whereas concentrated and awakened mind is stronger mind. Through Mantra one can awakened the mind. Mantra chanting with awareness strengthens the mind. Mantra tames the monkey mind and creates balanced mind.

What to do if, some thought comes while reciting?

If a thought or thoughts come, do not react. Do not push. Do not judge the quality of the thought. Do not say that thought is good or bad or should come later or so on. Only see the thought as a witness. But do not say anything; see only without pushing or choosing. Thought will merge into Mantra. Let Mantra continue without opposition or pressure. This will enable Mantra to take you beyond the mind. Mantra Shakti will start working.

Unconscious mind that rules the life become purer and balanced through Mantra repetition. Mantra also helps in pratyahar (withdrawal from the senses) and thus paves ways for stronger mind.

Why Mantras are recited for various diseases as per Ayurveda?

Ayurveda says that different food and herbs give different effects. Similarly, Mantras have different effects on elements. Heating, cooling, or soothing effects, vata, pitta or kapha effects are possible in certain Mantras chanted in certain rhythm. For example, VA is a sound which balances Kapha and Ra is sound of Pitta. Certain Mantras hit the centre of suffering resulting in balancing and healing.

Following Bija Mantras can heal imbalance of doshas:

Dosha	Effective Mantra for balance
Vata	Hrim, Shrim, Klim
Pitta	Aim, Saum
Kapha	Hum, Dhum

Dhanvantari is known as incarnation of Lord Vishnu and the father of Ayurveda. Ayurveda means the science of life and knowledge. He was an enlightened doctor who provided health and immortality. On his photographs, he is holding a pot of nectar of immortality in one of his hands. Dhanvantri Mantra is recited for improving the health.

Dhanwantari Mantra - God of Ayurveda Medicines

ॐनमोभगवते, महासुदर्शना, वसुदेवाधन्वंताराया;
अमृताकलसाहस्थाया, सर्वभयविनासाया, सर्वरोकानिवारानाया
थ्रीलोक्यपठाए, थ्रीलोक्यनिथाये, श्रीमहाविष्णुस्वरूपा
श्रीधन्वन्तरीस्वरूपा, श्रीश्रीश्री, ओउषताचक्रानारायणास्वाह"

"Om NamoBhagavate, MahaSudharshana, VasudevayaDhanvantaraye; AmruthaKalasaHasthaaya, SarvaBhayaVinasaya,Sarva Roka Nivaranaya, ThriLokyaPathaye, ThriLokyaNithaye, Sri Maha Vishnu Swarupa Sri DhanvantriSwarupa, Sri SriSriAoushata Chakra NarayanaSwaha"

Om, we pray to almighty Sudarshana Vasudev Dhanvantari who holds urn full of nectar of immortality. All fears and diseases are removed by him. He is incarnation of Lord Vishnu who is well-wisher and the preserver of the three worlds empowered to heal the Jiva souls. We bow to the Lord of Ayurveda.

Selected Mantras for balancing body parts

Chant the following Mantras if, you have specific challenge or problem in particular body parts:

Body Part	Mantra
Head	Om Am NamahSirasi
Face	Om Am NamahMukhe
Right Eye	Om ImNamahDakshinaNetre
Left Eye	Om ImNamahVamNetre
Right Ear	Om Um NamahDakshinKarne
Left Ear	Om Um NamahVamKarne
Right Nostril	Om RmNamahDakshinNasapute
Left Nostril	Om RmNamahVamNasapute
Right Cheek	Om Lam NamahDakshinKapol
Left Cheek	Om Lam NamahVamKapol
Upper Lip	Om Aim NamahUrdhvosthe
Lower Lip	Om Aim NamahAdhrosthe
Upper teeth	Om OmNamahUrdhvDantpanktau
Lower teeth	Om Aim NamahAdhoDantpanktau
Head	Om Aim NamahMurdhani
Face	Om Ah NamahMukhavratti
Right Shoulder	Om KamNamahDakshinaBahumule
Right Elbow	Om Kham NamahDakshinaKhurpure

Right Wrist	Om Gam NamahDakshinaManibandhe
Right roots of fingers	Om Nam NamahDakshinaHastangulemule
Right tip of fingers	Om Nam NamahDakshinaHastanguleagre
Left Shoulder	Om Cam NamahVamaBahumule
Left Elbow	Om Cham NamahVamaKhurpure
Left Wrist	Om Jam NamahVamManibandhe
Left roots of fingers	Om JhamNamahVamHastangulemule
Left tip of fingers	Om Nam NamahVamHastanguleagre

Chapter V

Body, Chakras and Kundalini Shakti

If we dissect the human body we will not find the chakras. Chakras are energy wheels. The word chakra is derived from the Sanskrit word meaning wheel. If we were able to see the chakras (as many psychics, in fact, do) we would observe a wheel of energy continuously revolving or rotating. Clairvoyants perceive chakras as colourful wheels or flowers with a hub in the centre. The chakras begin at the base of the spine and finish at the top of the head. Though fixed in the central spinal column they are located on both the front and back of the body, and work through it. Chakras' energy centres interpenetrate the physical body.

Each chakra vibrates or rotates at a different speed. The root or first chakra rotates at the slowest speed, the crown or seventh chakra at the highest speed. Each chakra is stimulated by its own and complimentary colour. The chakra colours are of the rainbow; red, orange, yellow, green, blue, indigo, and violet. The size and brightness of the wheels vary with individual development, physical condition, energy levels, disease, and stress.

If the chakras are not balanced, or if the energies are blocked, the basic life force will be slowed down. The individual may feel listless or tired or depressed. Not only physical bodily functions will be affected and diseases may manifest, but the thought processes and the mind may also be affected. A negative attitude, fear, doubt, for example may preoccupy the individual.

A constant balance between the chakras promotes health and a sense of well-being. If the chakras are opened too much, a person could literally short circuit themselves with too much universal energy going through the body. If the chakras are closed, this does not allow the universal energy to flow through chakras properly which may also lead to dis-ease.

Most of us react to unpleasant experiences by blocking our feelings and stopping a great deal of our natural energy flow. This affects the maturation and development of the chakras. Whenever a person blocks whatever experience he is having, he in turn blocks his chakras, which eventually become disfigured. When the chakras are functioning normally, each one will be open, spinning clockwise to metabolize the particular energies needed from the universal energy field.

Chakras are not visible through physical eyes or senses. That is why they were falling under the category of mysticism. Due to the nature of this science, it remained a long held secret and Yogis knew this secret. However, they were imparting this secret knowledge to others very carefully to prevent misuse. Sometimes there were misconceptions about chakras; as a result chakras remained out of reach for common people. Yoga have found these energy wheels very useful for human health and maintaining the balanced life. Most of the sicknesses can be related to the chakras' imbalances. Balanced chakras result in balanced body, mind, senses, spirits, emotions and life.

As per Kirlian photography, energy of the body permeates from our body known as Aura. There are whirlpools of energy surrounding the body. This energy flows like spinning wheels; hence these are called as chakras. Major chakras regulate major bodily functions.

Blocked chakras brings imbalance in thoughts and attitudes. This further brings physical diseases, negative thoughts, and faulty beliefs. Activating and balancing the chakras takes one us up to the higher level.

Smooth and free chakras result in loving relationships, creativity, personal power, inner understanding, and internal harmony.

Nadis (Energy Channels)

In Sanskrit, word '*Nadi*' means current or flow. The plural of the word 'Nadi' in Sanskrit is '*Nadiyan*', however some books started referring to them as 'Nadis'. The ancient Yogic and Ayurveda Scriptures say that there are 72,000 Nadis present in the subtle body. Once a yogi attains success, he gets access to his own subtle body. Through the subtle body one can see these Nadis light lines through inner vision.

In the modern age, these Nadis are called as nerves but these are made of subtle elements. Most important Nadis among all are three: Ida, Pingala and Sushumna. Among these three, Sushumna is the most important.

Sushumna Nadi is located in the centre of the spinal cord. Though physically, we cannot see it. It starts from the base of spine, in Mooladhar chakra. From Mooladhar chakra it passes through spine and completes its journey in Sahastrar chakra (Crown chakra) in the upper head.

Ida Nadi starts from Mooladhar Chakra. This nadi is on the left hand side of the body and also left from the Sushumnanadi crossing each chakra through left and right consecutively in a serpentine manner. This Nadi completes its journey into the Agya Chakra (Third eye chakra) from the left side. Even though is invisible, is very powerful.

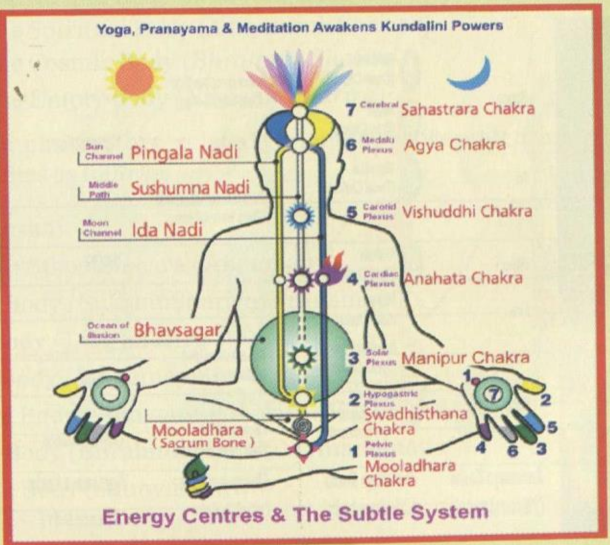
Pingala Nadi originates from the right side of Mooladhar Chakra. This Nadi travels through right hand side of the body and cross each chakra in a serpentine manner. This Nadi terminates at Agya Chakra (Third eye chakra) from the right side.

Two opposite energies, negative and positive, are there in our body systems. These are being represented by Ida Nadi and Pingala Nadi. Ida Nadi represents and possesses passive, introvert and feminine characteristics, which is also known as "*Chandra Nadi* (Moon Channel)". Pingala Nadi represents and possesses active, extrovert and masculine characteristics, known as "*Surya Nadi* (Sun Channel)."

Nadis and changes in the breath flow patterns

We perform many activities every day, these activities are affected by the change in the flow in Nadis. These flow changes from one Nadi to another in about every 60 to 90 minutes. But through some yogic practices and techniques, one can alter these Nadis flow, as per their wish.

For example, if your Pingala Nadi is more active and you need to perform some mental work, you can deliberately change the flow to Ida Nadi so as to have more suitable energy available for mental work. Similarly one can alter other way round according to your wish and requirements.


Yoga, Pranayama & Meditation Awakens Kundalini Powers
7 Cerebral Sahastrara Chakra
6 Medula Plexus Agya Chakra
Sun Channel Pingala Nadi
Middle Path Sushumna Nadi
5 Carotid Plexus Vishuddhi Chakra
Moon Channel Ida Nadi
4 Cardiac Plexus Anahata Chakra
Ocean of Illusion Bhavsagar
3 Solar Plexus Manipur Chakra
2 Hypogastric Plexus Swadhisthana Chakra
Mooladhara (Sacrum Bone)
1 Pelvic Plexus Mooladhara Chakra
1
7
2
5
4
6
3

Energy Centres & The Subtle System

How many Bodies and Chakras do we have?

Most of the books written on Kundalini Shakti are written either without experience or with only theoretical knowledge. This book is a compilation of extensive research, self-practice, my own as well as experiences of the students.

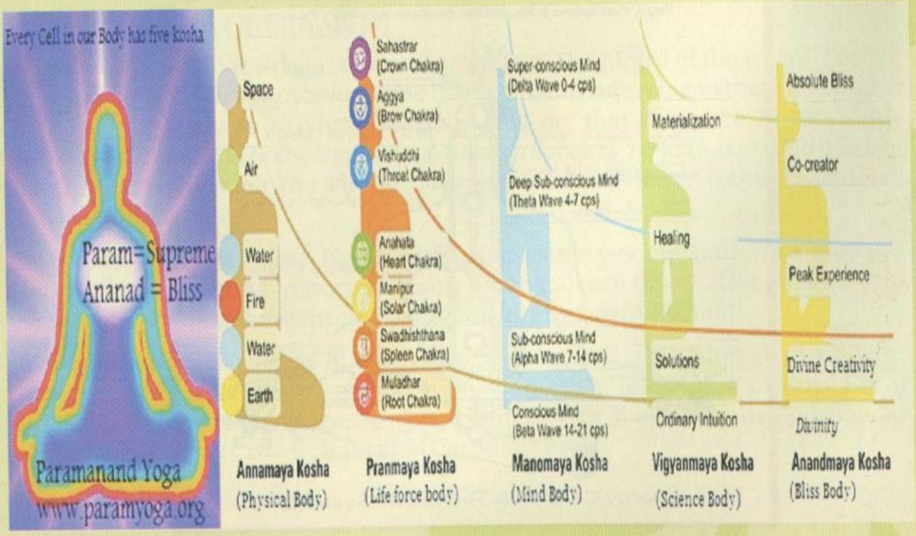
How many bodies do human beings have? When this question is asked, commonly people answer 'one'. However, yogic scriptures say differently. Some say three bodies some five bodies, rarest of them talks about seven bodies. When Kundalini Shakti arises, it passes through the chakras. There are seven chakras which are related to seven bodies.

Five of the bodies are often termed as Koshas:

1. Gross Body (*Annamay Kosha*)
2. Life force Body (*Pranamay Kosha*)
3. Mind Body (*Manomay Kosha*)
4. Intellect / Special Knowledge Body (*Vigyanmay Kosha*)
5. Bliss Body (*Anandmay Kosha*)

These bodies/koshas are correspondent with

1. Physical body (*Bhautik Sharira*) which corresponds with *Annamay Kosha* or gross body.
2. Astral (subtle) body (*Sukshm Sharira*) which corresponds with
    a. *Pranamay Kosha*
    b. *Manomay Kosha*
    c. *Vigyanmay Kosha*
3. Causal body (*Karan Sharira*) which corresponds with Anandmay Kosha.


Every Cell in our Body has five kosha
Param=Supreme
Anand = Bliss
Paramanand Yoga
www.paramyoga.org
Space
Air
Water
Fire
Water
Earth
Annamaya Kosha
(Physical Body)
Sahastrar
(Crown Chakra)
Aggya
(Brow Chakra)
Vishuddhi
(Throat Chakra)
Anahata
(Heart Chakra)
Manipur
(Solar Chakra)
Swadhishthana
(Spleen Chakra)
Muladhar
(Root Chakra)
Pranmaya Kosha
(Life force body)
Super-conscious Mind
(Delta Wave 0-4 cps)
Deep Sub-conscious Mind
(Theta Wave 4-7 cps)
Sub-conscious Mind
(Alpha Wave 7-14 cps)
Conscious Mind
(Beta Wave 14-21 cps)
Manomaya Kosha
(Mind Body)
Materialization
Healing
Solutions
Ordinary Intuition
Vigyanmaya Kosha
(Science Body)
Absolute Bliss
Co-creator
Peak Experience
Divine Creativity
Divinity
Anandmaya Kosha
(Bliss Body)

It is regretted that often people are not even fully aware of their physical body completely. A few people may know about some bodily systems like, the nervous system, digestive system, circulatory system, and others. The physical body is made of gross material, in Yoga is called as either *Sthoolsharira* or *Annamaykosha*. This body is very dense, made of muscle and bones, blood and other fibres. This body is visible through the eyes.

Humans also have an astral body. This body is subtler than the physical body. This body exists within the physical body and is little bigger than the physical body all around. This cannot be seen or touched, but with higher awareness, you can feel its presence when you stand very close to someone.

The causal body co-exists within the astral and physical bodies. This is larger and more subtle than the astral body. This carries the seed state of the individual from one birth to the next.

In Kundalini Yoga we work on all the bodies and purify all of them. When all bodies are purified then one become harmonious (*sama*) and beautiful, emits a pleasant fragrance, while the voice becomes resonant and the appetite increases. Yogi becomes full-hearted, energetic, and strong. Yogi attains leanness and brightness of the body as an indications of a purified nadi system. (Hatha Yoga Pradipika, 2/19).

The enlightened masters talk about seven bodies, which are:

1. The Physical Body (*Bhautik Sharira or Annamya Kosha*)
2. The Etheric Body (*Sukshma Sharira*)
3. The Astral Body (*Ling Sharira*)
4. The Mental Body (*Manomay Sharira*)
5. The Spiritual Body (*Adhyatimk Sharira*)
6. The Cosmic Body (*Bhrahmm Sharira*)
7. The Empty Body (*Nirvanic Sharira*)

All seven chakras are related, oriented, represented and corresponded by seven bodies as follows:

Body (Kosha)	**Chakra**
Physical / SthoolSharira / Annamay	Mooladhar
Etheric Body / SukshmSharira /Pranamay	Swadhisthana
Astral Body / Ling Sharira	Manipur
Mental Body / Manomay	Anahata
Spiritual Body / AdhyatmikSharira / Vigyanmay	Vishuddhi
Cosmic Body (BhrahmmSharira) / Anandmay	Agya
Nirvanic Body (ShunyaSharira)	Sahastrara

1. **The Physical Body** (Sthool Shariraalso referred as Annamay Kosha) We cannot see our own body completely from outside. We need mirror. Often we do not know the features, specialities of our own physical body. When we can see our own body from inside, without physical eyes and imagination, we will start inner journey and inner secrets of the first body will be revealed. Physical body normally exhausts and sleep and subject to wear and tear.

2. **The Etheric Body** (Sukshm Sharira)

   When one become clear about first body from inside, second body become clear. When first body dies, second body remains alive for thirteen days. Sometime in meditation this second body goes out of the body and you feel levitation and no gravitation. Hypnosis works on this body. About 75% diseases come from this body. Childbirth pain is often from second body. Pain or pleasure both come from this body.

3. **The Astral Body** (Ling Sharira)

   This body is of the same size as first two. One becomes aware of third body after realising the second body. Astral body is vapour.

4. **The Mental Body** (Manomay Sharira)

   This body is absolutely wall-less and there is no difficulty in entering in this body. Once a person is clear about first three bodies, then entering the fourth is easier and does not need any method. Mind always look downward, that is why Yoga is against the mind. During Yoga the movements of mind need to go upward not horizontal. Fire always goes upward. In meditation it is also advised to look upward toward Agya Chakra, so that one can go beyond fourth body towards the fifth one.

   Hatha Yoga begins with first body and Raja Yoga with the fourth body as follows:

   - Hatha Yoga for the first body
   - Mantra Yoga for the second
   - Bhakti Yoga for the third
   - Raja Yoga for the fourth

   By looking upward one can transcend fourth body. Sometimes Shirshasana can also help. However, looking upward techniques should not be practiced without crossing first four bodies. Up to four bodies we are human thereafter superhuman. When Zarathustra, Mohammed, Jesus say that something comes to them from above they do not means from the sky. They look upward towards their Agya Chakra.

5. **The Spiritual Body** (*Adhyatimk Sharira*)

   For fifth body there is a centre, a unity or oneness. This centre becomes ego, an obstacle for further progress. Before entering this body there is false 'I', thereafter crystallization of false 'I' happens. From the fifth body starts renunciation.

6. **The Cosmic Body** (*Bhrahmm Sharira*)
   Sixth body is where one loses the centre and everything becomes centre. Everywhere there is centre. One can use various methods of entering into bodies, up to fifth body, thereafter it happens and no method works. Merger with infinite begins. Most of the yogis talk up to five bodies as their research, methods, and techniques ends there. Non-doing happens after fifth.

7. **The Empty Body** (*Nirvanic Sharira*)
   Travelling from sixth to seventh body happens. One day, self is total nonbeing, nirvana, emptiness, non-existence. Drop becomes Ocean and there is nothing to say anymore. Ultimate happens instantaneously. Seventh body is not subject matter of mind, intellect, word or languages. Only emptiness, is-ness, being.

As there are seven bodies, there are also seven chakras, energy centres, and each chakra is connected in a special way with its corresponding body.

1. Physical Body - **Mooladhar Chakra** - *Annamykosha*
   Through physical body when associated with mooladhar chakra, there are two possibilities in two opposite directions. One of the possibilities that body involves towards sex and another is transformation of same to super consciousness. This transformation happens through meditation. Sex is natural instinct. Transformation of sexual energy through Brahmacharya (celibacy) leads to Super consciousness. On this body level suppression is ugly and stressful but transformation is bliss.

2. Etheric Body - **Swadhisthan Chakra** - *Pranamaykosha*
   Emotional or etheric body is associated with the second chakra, The Swadhishthan Chakra. This Chakra also has two possibilities. Natural potential is fear, hate, anger, and violence. Its transformation is love, compassion, fearlessness and friendliness. With meditation its transformation is possible. On one side fear, violence and anger are necessary evils on the second plane. Fear protects, anger involves in struggle against others and violence helps to save from the violence of others. Transformation of fear to fearlessness, violence to compassion, anger to forgiveness is possible by balancing this chakra.

3. Astral Body - **Manipur Chakra** - *Ling Sharira*
   Astral body also has two dimensions. One aspect is doubt and thinking and another aspect is trust and vivek (wisdom) with awareness. Do not

repress doubts otherwise shraddha (trust) cannot be attained. Start doubting the doubt itself, and then trust begins. Ultimate transformation of doubt is in Trust.

4. Mental Body - **Anahat Chakra** - *Manomaykosha*
   ManomayKosha is related to imagination, memory and dreaming. Transformation of dreaming happens into vision. Telepathy and prophecy are the possibilities of fourth body.

5. Spiritual Body - **Vishuddhi Chakra** - *Vigyanmaykosha*
   Vishuddhi chakra is related to the spiritual body. The first four bodies and their chakras can be divided into two. The dualism ends from fifth body upwards. Once a person enters in fifth body, awareness increases tremendously and even sleep is transformed. A sleeping man cannot be trusted only awakened one. Conflicts and problems ends and great transformation, the bliss comes from within.

6. Cosmic Body - **Agya Chakra** – *BhrahmmSharira*/ *Anandmaykosha*
   There is no duality, false 'I' is lost. Experience of the bliss, is-ness, *tathata*, suchness will flow. I am the Brahman (*Aham Brahmasmi*). There is nothing beyond. View the cosmic infinite. Until fifth body search progress can be very scientific thereafter it happens.

7. Nirvanic Body - **Sahahstrar Chakra** - *ShunyaSharira*
   The Existence is half journey but other half is the journey to nonbeing, nonexistence, and the void. The ultimate truth can only be recognized when both existence and nonexistence are known. Nirvana kaya is also known as the *Shunya kaya*, the void. Ultimate death, Nirvana, means the extinction of the flame. I was; I am; both realized.

Through meditation all above can be experienced. Meditators are not beggars, but seekers of The Truth. We have to cross all barriers which are within us. For complete scientific minds, most of the scriptures end at fifth body but the search for *Advaita* (the non-dual), starts with fifth body and completes at seventh body.

Prana (Life Force)

How Prana awakes Kundalini?

Prana, known as *mukhya-prana*, the primary life force, is universally present. Prana has following five functional aspects in connection with the human body, "gate keepers of the heavenly world" – Chandogya Upanishad

Prana supports fully awakening the Kundalini Shakti. One needs to surrender and take full support of the prana, which helps in awakening of Kundalini Shakti.

Prana and breath flow

Prana means life force. Prana flows through energy channels like Ida, Pingala and Sushumna Nadi. These Nadis carry the currents of Prana which flows constantly through the entire body, mind and senses. To observe the flow of Prana one can observe the breathing pattern through nostrils.

If from the left nostril breath is flowing more in comparison with right, then it indicates that Ida Nadi is dominating in the body. If, there is higher flow from right nostril that means Pingala Nadi is more active. If there is an equal flow of breath from both the nostrils, it means Sushumna Nadi is active in your body and Prana is in balance mode.

When the right nostril runs faster than the left, then active Pingala Nadi body is performing more physical functions like digestion, blood circulation process, and others. During this state, mood becomes extroverted and one feels more warmth in the body.

If the left nostril intakes more amount of breath in comparison to right, then it indicates that the mind is introvert active. Performance of mental task becomes easier and efficient.

During night, often Ida Nadi runs faster, as body temperature drops by 1 to 2 degrees. If, Pingala Nadi becomes too active, one feels unrest and improper sleep. During lunch if Ida Nadi becomes too active then digestive system slows down and one may experience constipation.

There are five types of Prana

1. *Prana*: Vital energy primarily located in the area between the navel and the heart. Main functions in the body are inhalation but can stand for both inhalation and exhalation.
2. *Apana*: Vital energy area associated with the lower half of the trunk and with exhalation.
3. *Vyana* (through-breath): This is the vital energy circulating in all the limbs and body.
4. *Udana* (up-breath): This connects with physiological functions such as speech, but also the ascent into higher states of consciousness.
5. *Samana* (mid-breath): localized in the abdominal area. This is primarily connected with the digestive processes.

Five Prana (life force)

Prana	Physical Location	Functions	Blockages
Vyana (Diffusive)	Peripheral nervous system, pervades in entire body	Circulation, Movements	Poor circulation, Numbness
Udana (Ascending)	Throat, Upper Chest, Head	Thoughts, Speech, Exhalation, Growth, Nervous system	Cognition, Communication
Prana (Inward moving)	Heart, Chest, Lungs	Respirations, Sensory perception	Heart, Lungs, Lethargy
Samana (Equalizing)	Navel	Digestion, Metabolism, Homeostasis	Digestive problems
Apana (Descending)	Below navel	Elimination, Reproduction, Childbirth and Immunity	Sexual dysfunction, Constipation, Diarrhoea, Haemorrhoids

Elements, Shakti and Dissolution (*Laya*)

Different elements govern different areas and parts of the human body.

Earth: between the feet and the thighs. Lowest psychic energetic centre is dissolved into its energetic potential of *gandha-tanmatra* (smell).

Water: between the thighs and the navel. Potential energy *israsa-tanmatra*(taste).

Fire: between the navel and the heart. Potential energy *isrupa-tanmatra* (sight).

Air: between the heart and the forehead. Potential energy *issparsha-tanmatra* (touch).

Ether: above the forehead. Potential energy *isshabda-tanmatra* (sound).

The root sounds associated with the elements are:

1. Yam for air
2. Ram for fire
3. Lam for earth
4. Vam for water
5. Hum for ether

Accordingly to Spandkarika, everything in the universe is *Spanadan* (vibrations). Modern science also says that vibration is energy. This *spandan* (vibration) is immeasurable which scientists also confirm.

Ten million rituals of worship equal one hymn, ten million hymns equal one recitation (Mantra), ten million recitations equal one meditation, and ten million meditations equal a single absorption (Laya). (Kula Arnava Tantra, 9/36)

Lord Shiva gave one hundred and twenty-five thousand methods of *laya* (dissolution). But the most powerful among them is *Nada Anusandhanlayasamadhi*. (Yoga Taravali, 2)

Sanskrit word *Nada* means soundless sound, *Anusandhan* means investigation or research, *Laya* is translated into English as dissolution and *Samadhi* as total solution.

Diseases and Chakras

Disease means not being at ease. Either body or mind or social factors may be uneasy. Whenever any type of uneasiness is experienced, one should consider it a disease.

When energy is balanced other things start balancing. So it is with chakras, whenever they are balanced a person starts feeling and experiencing balance in the life.

In our body there is a system which coordinates and balances all other systems; this is called the endocrine system. This system is body's main control mechanism. This system has ductless glands that produce the hormones. These hormones act as chemical messengers and keep the body in optimum health level.

The endocrine glands correspond to each chakra. It is also well known fact that each chakra's position is very close to the corresponding gland. As a result, the respective chakra affects functioning of the corresponding gland. These chakras are deeply inter-related with the glands. Balance and harmony between the chakras and glands lead to a healthy and balanced life.

Chakra imbalances and Endocrine system

If chakras are either over active or inactive then there is imbalance in our activities. Internal sickness is often associated with imbalances of chakra.

Diseases which occur due to inside effect are mainly because of imbalance of chakras. Balancing of chakras can be done under the supervision of a capable Yoga Acharya (Yoga Guru).

The following chart clarifies the diseases which can occur due to the imbalance of corresponding chakra. Every chakra corresponds with one of the important glands of endocrine system. These are as follows:

Chakra	Gland	Secretion	Governing
Mooladhar	Adrenal	Epinephrine	Actions
Swadhishthan	Ovaries/Testicles	Estragon/	Procreation /
Manipur	Pancreas	Testosterone	Development
Anahat	Thymus	Insulin	Digestion/ Diabetes
Vishuddhi	Thyroid	Lymphocytes	Immunity
Agya	Pituitary	Thyroxin	Metabolism
Sahahstrar	Pineal	Somatotrophin	Growth
		Melatonin	Body Rhythm

How to wake up Kundalini Shakti or Chakras?

There are several chakras and Kundalini Shakti wake up techniques helping in awakening this ultimate Shakti in human body. Few of these are based on practical training given at the Ashram.

Gherand Samhita explains the methods how to awaken the Kundalini Shakti:
Sit comfortably in *Padmasana* (lotus pose) on a seat.
Place guru within, as instructed by the guru, and commence the purification of the channels. Purify through Pranayama.
Contemplating the seed-syllable (bija) of the air element, which is energetic and of the colour of smoke, the sage should inhale the air through the lunar (the left nostril), repeating the seed-syllable sixteen times.

Then he should retain it for sixty-four of repetitions (seed-syllable) and exhale the air through the solar channel (the right nostril) over thirty-two repetitions. Raising the fire from the root of the navel (the kanda), he should contemplate the glow associated with the earth element. Then, while repeating the seed-syllable of the fire element sixteen times, he should inhale through the solar channel (right nostril).

Should retain the air for sixty-four repetitions and then exhale it through the lunar channel (the left nostril) over thirty-two repetitions.

Contemplating on the luminous reflection of the moon at the tip of the nose, he should inhale the air through the ida (left nostril) for sixteen repetitions of the seed-syllable ham. Then, while contemplating the nectar oozing (moon at the tip of the nose), retain the air for sixty-four repetitions of the seed-syllable Vam. Thereby cleanse the channels. Firmly exhale for thirty-two (repetitions) of the la-sound. (Gherand Samhita, 5.38-44)

Chapter VI

The Universal Law of Energy (ULE)

Science without Wisdom

The crisis of our times is we have science without wisdom. On one side there is immense success of modern science, technology is appreciable but lack of wisdom is damaging us as well as our planet. Science has been given unprecedented powers but without wisdom it becomes a menace. Modern science gave astonishing knowledge about the natural and artificial world and created everything of materialistic success, however inner satisfaction is lacking. The more material desires the more worries. This turns into depression and leads to frustration. To come out from this situation we need to understand the Nature of the Universe in reference to science, particularly to physics and spirituality.

As per recent research of quantum physics, whether we are aware or not following are very closely interconnected: physics, spirituality, thoughts, emotions, desires, visualization and lack of success in life. Anything in the Universe is interconnected with everything. Yajur Veda says, "*Yathapindetathabrahamande, yathabrahmandetathapinde.*" What is in the Individual (*Pind*) is in the Universe (*Brahman*), what is in the Universe is in the Individual. This can be termed as the Universal Law of Energy (ULE).

We need to understand the ULE regardless of our current religious belief or scientific knowledge. The awareness and an understanding of inner-self will lead our life the way we want to live – Consciously and Blissfully. The understanding of ULE will result in developing a much deeper and stronger belief in our own personal abilities, consciously creating events, conditions, and circumstances that we desire. You can create own world as per your desire accordingly to ULE. You are the Brahman of future.

Explore the possibilities that lay in the universe with proper application of ULE. We can understand personal nature, science, spirituality as well as everything else is intricately tied together. Developing an understanding of all of them will arm us with an unshakable faith capable of manifesting dramatic and in many cases miraculous changes in our lives.

Everything in the cosmos that has come to exist begins at the atomic and sub atomic levels. The entire universe seen and unseen basically consists of pure energy or light.

The pure form of energy according to the scientists is "intellectually intelligent" "Inner Consciousness". In terms of science, "wave form of probability that exist within an Infinite field of probabilities."

Desires are waves; therefore desires of human past, present or future exist as waves in the Universe.

How to realize ULE?

ULE is one of the most important keys of a successful and complete life. Whatever we experience through our senses or otherwise exists in the entire cosmos, small or big, the atoms being attracted together by gravity. Everything like Cosmos, Universe, Galaxies, Earth, Individuals, Systems, Organs, Cells, Molecules, Atoms or Subatomic Particles is Energy (Light).

This is clear that we exist in what could be considered to be an infinite field of quantum energy soup; just as an individual drop of water exists within the ocean.

Now think about the implication. This reveals that all the things in the existence at their core are comprised of this same vibrating mass of pure energy, both seen and unseen. It was declared by ancient texts that "We all are ONE". All the things including you, me and everybody is nothing more than vibrating mass of pure energy that is intricately interconnected to everything else.

Looking to all above facts we come to conclusion that this energy, these subatomic particles acted and responded in exact proportion to the Thoughts and Beliefs (TAB) that is what science has proved. This means an understanding and correct application of thought process can resolve all the worries of the present age. This discovery further proved by the scientists that anything and everything that exists in our world once existed as a wave (spiritual). Through individual observation and expectation this wave was transformed in to particle (physical matter), based on what they thought and believed it would appear. This indicates that what we are today is the own creation by thought process and our beliefs.

The amazing sequence of the events proves that your thoughts are either creative or destructive. In other worlds this energy (thought) transmute into sub automatic particles which are directly affected and take form based on the TAB. This energy, when observed acts in exact proportion to the way that it is believed. This will act and will provide a physical appearance based on the perception of the thinker. The effects of ULE; the particles formed attract additional particles that harmonize with their vibration match which transmute from the Universe and become physical things that can be seen. That is manifestation of your thought. Thought turns in to reality as per your belief. It is amazing to realize, "I can create my Universe as per my TAB". It is simple mathematics 1+1=2. Reference is to Oneness in the Universe. Realizing this Oneness is Universal Law of Energy.

Connection, Time and Space

A scientist Max Planck has discovered something even more amazing which was named as Quantum Entanglement (QE). He has proved that sub-atomic particles of energy when broken in half (separated) in a laboratory setting have the ability to communicate with each other and that communication is received immediately from one to the other regardless how far apart they may be.

This communication between energy is not subject to time and space as we understand in present age. The experiment was also carried out on humans. The U.S. army conducted experiments, through the scientist Dr. Cleve Baxter. He has since validated and updated his research by taking DNA sample from humans' mouth and manipulated emotions through various visual productions on TV. While observing the DNA with sophisticated equipment, they discovered DNA responded and reacted immediately to the emotions of the man regardless of time and space. It appears that everything in the Universe happens is a real time. Dr. Baxter later performed the same experiments with the subject and the DNA from hundreds of miles apart, conclusion was the same, they responded without regards to time and space.

Above facts lead us to beautiful conclusion. Based on our thoughts, events, conditions, and circumstances, reality takes shape of what you expect and believe. Your thoughts, beliefs, and perceptions concerning any and every event, condition or circumstances determine how your life will unfold in the physical world. This is Universal Law of Energy.

Your thoughts (energy), which are determined by your belief, form your perceptions which are broadcast outward into the infinite field of wave energy much like a radio frequency. Then thoughts (energy) are transformed from waves (spiritual realm) to particles (matter). Then they join together with additional energies which vibrate at harmonious frequency and collectively join to shape. This is what you come to see and experience in physical form in the physical world because of Universal Law of Energy.

Ancient texts declared Om eko ham bahushyam ... The one willed to become many.

Bible says: "And whatever you ask in the prayer, you will receive if you have faith." (Matthew, 21.22)

Your thought is your future. Ancient texts say, "What you think, that is your world. "

Blaming others for failures

For thousands of years the pulse (heartbeats) of Earth has been 7.83 Hz. Since 1980 this is slowly rising. People all over world cling so desperately to situation which victimized them. Such people start thinking that following could be the cause of their failures:

1. They believe that any failure they face in the present is not their fault because of what happened in their past.
2. They can believe that people, circumstances and conditions outside of their lives are responsible for all bad things in their life.
3. They get unending sympathy and attention from others when they tell their story.
4. They can use their past experiences as justification for why they should no longer attempt to create what will make them happy in their lives.

With one or other reason the end result is still same. They will continue to lead an empty, miserable life, with no real shot of happiness and fulfillment. And that is their true sickness. To be healthy, happy and prosperous you have to be willing to release your heroic journey against all odds and firmly believe, just expect and accept that you can crate whatever you desire from This Moment.

You are a creator and you are always creating. You have choices about what you create. Unfortunately, most creations in our lives are by default and we feel our lives are out of the control, we are victimized by unwanted happening to us. We can create everything what we desire by conscious awareness. You can create your life by design instead by default

GOD, Gratitude, Open Door

However, The Supreme power (you may call God) has not made any difference between good and bad. All the human beings are given positive or negative, good and bad, pure and evil and so forth.

With senses everyone can See, Speak, Smell, Touch, Taste, desire and enjoy all natural resources. We are unable to create even a single cell of our body. But we always judge. We have created our own universe within the universe; and we try to become the supreme of the higher Universe. We always want to have world according to our desires. We react with the Universe if it doesn't behave according to our desire. We become a Judge to punish the Supreme Judge. If the Supreme Judge, who is the Supreme Master has not made any partiality with us then why do we react? Most of the problems start from this wrong judgment. That is why one person is enjoying life whereas another one is under depression.

Everyone can enjoy the life in every circumstance once we understand the ULE:

- The entire universe is governed by ULE and we are witnessing that everything, all the stars, golden sun, moon, earth move accordingly without any exception.

- As being the part of the Universe we all abide to follow ULE.
- Everything in the Universe is vibration of energy.
- Our life starts with a thought.
- The thought is also energy and it affects our lives.
- Every thought has its own energetic vibration freq uency.
- That thought is impressed into your subconscious mind. Once your thought is placed in your subconscious mind the law of nature – alike attracts alike and starts working. It will energetically attract another person, place, thing or circumstances that have vibration match or same vibrating frequency. Every thought is a vibratory pattern. Vibratory patterns tend to resonate with similar vibrations and this resonance initiates the creative process.
- According to the quantum physics all the matter is energy. As per law of gravity all energies will gravitate to other energies of same or similar vibratory rates.
- When our thoughts or beliefs are attached to us by strong emotional current, it will vibrate at a certain frequency and the things, events, people, thought, ideas that vibrates with similar frequency will gravitate to us.
- Suppose you are at a funeral, during this period you became sad as all the thought of same frequency will flow to your mind as per law of gravity.
- Everything is created through energetic vibration.
- The entire Universe is co-related with each other by vibration energy.
- Ancient text, Spandkarika, says the Universe is created from vibrations.
- Light is vibration, a matter is vibration, a thought is vibration, emotion is vibration, electron is vibration, and our body is vibration. Everything is vibration.

Language of the Universe

Anything that vibrates at specific pattern will attract like vibration. This is applicable on the chemical, physical, mental, emotional and spiritual level. Anything you throw out in the Universe comes back to you. So be aware of your thought, because good or bad, you always attract what you think about, choice is yours, good or bad. Nobody else is responsible for good or bad in your life. You are getting whatever you pictures in your lighter conscious or subconscious mind.

Universal language is picture–visualization. It does not understand your negative thoughts. Suppose you say I don't want sickness in my life. Here the Universe/energy captures the photocopy of sickness in your mind and *saytathastu* (wish granted). You get sickness vibrating around you, because nature understands the language of picture. Whenever you think about something you 'don't want', you set into motion the vibratory pattern that attracts the very thing you are trying to avoid. Like will attract alike. It cannot be avoided. This is Universal Law of Energy.

Be very cautious about the thought, the more we struggle against something that we don't want the more we see that we are attracted to that. Whenever we are frightened and worried about anything we don't want, by focusing our attention on it and adding emotion to our thoughts we are attracting the very thing which we want to avoid. Be present and you find complete connection and harmony with the existence.

A few thoughts

Beware of your thoughts, during action, meditation and life. Law of Universal Law of Energy is applicable.

- Whatever we have experienced until today is simply the result of how we have used God-given mental power in the past.
- We are 100% responsible for the results and conditions of our life.
- We can't blame our neighborhood, boss or circumstances.
- What you are today is result of your past thought.
- Your future will be exactly what your think from this moment.
- Universe working by thinking, felling and picturing results as you want, and you are using the great invisible power to manifest what you want.
- Visualization or clear thought creates a clear picture what we want. Simultaneously our mental image evolves and combines with universal energy in a specific direction to create our physical world exactly as desired.
- Everything in the world is energy and is materialized from the thought or an idea. This is Universal Law of Energy.
- The entire Universe is the result of energy. Universal Law of Energy is working as per the law of Karma. Cause is Universal Energy, and Effect is the result.
- In visualization you are placing order in the universal web. Once your image, thought, idea or desire is clear, it goes to the Universe, and the universal Energy start creating circumstances for this specific purpose.
- Keep your desire to you. Keep it secret. Your desire will not be materialized if you don't have the clear picture in mind, or if you are changing the picture.
- How to focus? Be clear what you want. Make clear picture in your mind of what you want.
- Deliver a clear message to the Universe like as giving an order in a hotel for your liking menu.
- Over 90% of diseases are caused or complicated by stress.

Chapter VII

Meditation

The gift of learning to meditate is the greatest gift you can give yourself in this life. Generally we waste our lives, destructed from our true selves, in endless activities. Our lives are lived in intense and anxious struggle, in a swirl of speed and aggression, in competing, possessing and achieving. This creates the imbalance between the mind and the body which results as a root cause of all the misery and physical as well as mental diseases. Training the mind does not mean forcibly subjugating, brain washing or hypnotizing. To train the mind is to know the true nature of mind.

Meditation is the harmony with the Existence. Meditation gives a complete break from our so called normal life of stress. Meditation leads to freedom form unwanted concerns, in which there is no competition, no desire to possess anything, no intense and anxious struggle. There is neither acceptance nor rejection. Neither hope nor fear. In meditation we slowly begin to release all the emotions and concepts that have imprisoned us into the space of natural simplicity. The purpose of meditation is to awaken in us the hidden power (energy) and to introduce us to what we really are. In the silence and stillness of meditation we glimpse and return to deep inner nature where all the possibilities exist. There are countless benefits of meditation.

Method of Meditation

There are about 130 methods of meditation. Meditation cannot be done, it happens. All methods are simply preparations and key to open the doors of consciousness. Meditation is not something that you cannot do, but it happens spontaneously.

Be as natural and spacious as possible while releasing all grasping and relax into your true nature. Let the body and mind bein stillness. Let peace work on you and enable you to gather your scattered mind, awaken in you the awareness and insight of clear seeing. And you will find all your negativity is disarmed, your aggression is dissolved and your confusion is evaporating slowly, like mist into the vast and stainless sky of your absolute nature. Quietly sitting, body still, silent, aware towards surroundings, mind at peace, let go all thoughts and emotions. Whatever rises, comes and goes without clinging to anything and it will dissolve like a waves in the ocean. As you continue to practice meditation slowly arises.

Posture

One of the method starts from poster to inner path. If you create an auspicious condition in your body and environment, then meditation and realization will automatically arise. There is a connection between the posture of the body and attitude of the mind. Mind and body are interrelated and meditation arises naturally once your posture and attitude are inspired. Keep the back straight like an arrow. The Life energy (prana) will then flow easily through the subtle channels of the body.

The lower part of the spine has a natural curve; it should be relaxed but upright. Your head should be balanced comfortably on your neck. It is your shoulders and the upper part of your torso that carry the strength and grace of the posture and they should be held in a strong poise but without any tension.

Sit with your legs crossed. The crossed legs express the unity of life and death, good and bad, masculine and famine principles, samsara and Nirvana. It also helps to preserve flow of energies. If your body does not permit to sit crossed legs, you may also choose to sit on a chair, with your legs relaxed, but be sure always to keep your back straight.

If you are sensitive to disturbances from outside you may find it helpful to close your eyes for a while and quietly turn within. Once you feel calm, gradually open your eyes and you will find your gaze has grown more peaceful and tranquil.

Now look downwards, along the line of your nose, at an angle of about 45 degrees in front of you. Whenever you mind is wild, it is better to lower your gaze and whenever it is dull and sleepy to bring the gaze up. Do not focus on anything in particular, instead, turn back into yourself slightly and let your gaze expand and become more and more spacious and pervasive.

Breath is life, the basic and most fundamental expression of our life. Watch the breath.

In Judaism "Ruh', the breath, means the spirit of GOD that infuses the creation.

In Christianity it is called Holy Spirit without which nothing could have live.

Yogis say Prana is the King of the mind. Each time you breathe out just release all the tension and negativity. Imagine when you breath out, it is carrying out all the worries, physical and mental tensions, diseases and all these are dissolving into the space.

After some time, let your breath be natural, don't focus especially on the in-breath, just be aware about it and watch the breathing. When you practice do not get involved in mental commentary (now I am breathing in, now I am breathing out) Just flow with your breath in and out.

While inhaling imagine that cosmic energy is going with breath and spreading in each and every cells of your body, feel that your body is becoming lighter and lighter. Whole body is emerging and all the cells are renovating.

With happiness imagine that all the negativity from each cell is going out with your breath and is dissolved in space. Feel that you are 100% relaxed. When you meditate there should be no efforts to control, and no attempts to be peaceful. The very nature of the mind is bliss and clarity. Let your body remain as it is and your breaths as you find it.

When you begin to meditate, your thoughts are running out and will become wilder than ever before. This is a good sign, it shows that you have become quieter and finally aware of how noisy your thoughts have always been. Don't be disheartened or give up.

Whatever arises, just keep being present, be aware to the breath going in and out and be with your breath only. Just as the ocean has waves, Sun has rays, so that mind has own radiance and its thoughts and emotions. These are very nature of the mind. The waves arise from the ocean. Likewise thoughts and emotions rise from the mind. If you do not impulsively react, if you are only patient, it will once again settle into its true nature. So whatever thoughts and emotions arise, allow them to rise and settle like the waves in the ocean.

Some of the many benefits of meditation

- Emotional distress reduces
- Brain functioning and capacity increases
- Enhances energy levels
- Mood and behaviour improves
- Focus and concentration increase
- Bad habit quitting is easier
- Relationships harmonized
- Wisdom and awareness grows
- Harmony of mind, body and spirit
- Acceptance of one self improves
- Experience a sense of Oneness

By doing physical exercises (*asanas*), breathing techniques (*pranayamas*) together with meditation we can see and experience some deeper changes in ourselves. Every time you go through this, your experience goes deeper with higher knowledge. When we give some speed to our body parts under some assigned work then we feel some movement happening within.

Let it all happen, witness the happening, do it with awareness and blessings for blissful moments. Our life becomes very beautiful and we experience beauty and balance in our life. We get rid of all the diseases and problems in our life. Our capability and strength increases, and we go beyond our problems.

Meditation is the BEST MEDICATION

Chapter VIII

Quantum Physics

Limited Knowing

Everything in your life is a result of what you know, what you experience and how you interact with your Consciousness. These elements make up the ultimate source from which everything else evolves. The more you know about the unknown the more you actually understand how little you know. It makes you humble and brings you back to the world of wonders, miracles and magic.

You have to be able to know your thoughts, given that they create your reality. If you can understand your thoughts, you can modify what you want to create and manifest in your life. If you can't understand your thoughts, things will manifest that seem random and unconnected to you – and they are actually from other people.

Radio and Creation

Your consciousness is like a radio station. Your body system is like radio. You can send signals and programs and you can receive signals and programs. Sometimes you may want to receive and sometimes you may want to send. To know when to send and receive is one of the greatest success factors in life. It is the balance of knowing when to create and when to experience. You cannot constantly create for you as would miss out on the other part of the experience. On the other hand, if you only experience things, you will never get to manifest anything. Connection is already there but only need to Tune-up the radio to get connected with radio station. Once tuned up, Consciousness starts flowing from you.

Your thoughts, coming from your beliefs and perceptions are broadcasted outward into the infinite field of wave energy much like a radio frequency. These are transformed from waves (spiritual realm) into particles (matter). These waves join together with additional energies which vibrate at a harmonious frequency and collectively join to shape what you come to see and experience in physical form in the physical world. You are not a victim of some unpredictable set of external events, conditions and circumstances. You are quite literally the creator of your reality!

You are the artist who paints the picture. You are the producer and director of your own movie. If you want to change a scene on a canvas you only need use a different brush. If you don't like the scenes that are being played out in your movie you only need change the script which is responsible for creating them. If you desire to change the events, conditions, and circumstances in your life you only need change the thoughts, beliefs and emotions that are responsible for making them your reality.

Unique Individual

Each of us is called an individual. Individual means the one who cannot be divided further. You are unique, having specific talents and gifts. It is something innately inherent in all of us, a combination of energy patterns leading towards a natural affinity for certain subjects in life, certain ways of being. One of the most important tasks in your life is to find these talents and gifts within yourself. That means to recognize what you have brought into your creation.

Recognizing your own strengths and talents is absolutely essential for any further steps you take in your life. Writing them down should make them more real to you if you are not used to thinking about them. If you know your distinctive strengths and talents you should be able to write them down in a few sentences without having to think much about the process.

Finding your strengths and talents is like building the foundation for your house. It is like the soil from which a strong and beautiful tree can grow. It provides you with your unique potential. It is the unique gift that came with you when you were born. You are being asked here to nourish it until it is strong enough to guide you in your life.

Cause and effect is as absolute and undeviating in the hidden realm of individual thoughts as in the world of visible and material things. Mind is the master weaver, both of the interior garment of character and the outer garment of circumstances. Individual is an integral part of the universal. A part cannot antagonize any other part, but on the contrary the welfare of each part depends upon recognition of the interest of the whole.

Individual who over works, over plays or over indulges in bodily activities produces conditions for mental apathy and stagnation. This makes difficult to do more important work which results in a realization of conscious power. We should, therefore, seek the silence frequently. Power comes through repose; it is in the silence that we can be still and think. Thought is the secret of all attainment. Now a day this creative age and the world are awarding richest prizes to the right individual thinkers. Matter is powerless, passive, and inert. Mind is force, energy, power, shapes mind and controls matter.

Beliefs

Beliefs are basically concepts that we either make up on our own or that we take over from someone else. The function of believing in something is another great ability of your consciousness. The idea of the belief, we are talking about here, has nothing to do with the kind of belief that is usually used in a religious context.

Belief is a built-in function of your Consciousness. It is so powerful that, when adaptively formulated from many people, it can shift mass Consciousness and lead to profound changes in our society. It even has the power to shift the collective Consciousness of the whole civilization on this planet.

The current meta-paradigm of the nature of reality assumes that space, time and matter constitute the basic framework of reality and Consciousness somehow arises from this reality. The truth, as it now appears, is the very opposite. Time, space, and matter are secondary; they are aspects of an image of reality manifesting in the mind. They exist within Consciousness; not the other way around.

If we consider the reality we are experiencing, then we have to accept that in the final analysis, the new physicists are correct. The whole world is on the eve of new Consciousness, power, conscience, and new realization of the sources within the self. The last century saw the most magnificent material progress in history. The present century will produce the greatest progress in mental and spiritual power.

Physical science has resolved matter into molecules, molecules into atoms, and atoms into energy. Sir Ambrose Fleming addressed before the Royal Institution, to resolve this energy into mind. He says that in its ultimate essence, energy may be in comprehensible by us except as an exhibition of the direct operation of that which we call Mind or Will.

Powerful Force

Which is the most powerful force in the Nature? In the mineral world everything is solid and fixed. In the animal and vegetable kingdom everything is in a state of flux, forever changing always being created and recreated. In the atmosphere we find heat, light and energy. Each realm becomes finer and more spiritual as we pass from the visible to the invisible, from coarse to the fine, from the low potentiality to the high potentiality. When we reach the invisible we find energy in its purest and most volatile state.

As the most powerful forces of the Nature are the invisible forces, we find that the most powerful forces of the man are also his invisible and spiritual forces. The only way in which the spiritual force can manifest is through the process of thinking. Thinking is the only activity which the spirit possesses; and a thought is the only product of thinking.

Power of presence in this process can change failure into success. Thoughts of courage, power of inspiration, and harmony are substitutes for thoughts of failure, despair, lack, limitation and discord. As these positive thoughts take roots the physical tissue is changed and the individual sees light in the life. Old things passed away and things become new. He is born again. Now life has a new meaning for him. He is reconstructed and is filled with joy, confidence, hope, and energy. He recognizes possibilities which before had no meaning to him. He attracts new and associates successful. This in turn changes his environment. By this simple exercise of thought, a man changes not only himself but his environment, circumstances and conditions.

Thoughts and Destiny

Firstly, a thought comes. The thought converts in thinking. Thinking becomes speech. Speech becomes an action. Action becomes a hobby. Hobby becomes character. Character becomes our destiny.

Active thought is active energy; concentrated thought is a concentrated energy. The thought concentrated on a definite purpose becomes power. This power is being used by those who do not believe in the virtue of power, or the beauty of self-denial. The ability to receive and manifest this power depends upon the ability to recognize the Infinite Energy dwelling in man, constantly creating and recreating his body and mind, and ready at any moment to manifest through him in any needful manner. In exact proportion to the recognition of this truth will be the manifestation in the outer life of the individual.

Perfection in Action is Yoga.

Perfection is Consciousness. But worldly perfection depends entirely upon the degree in which we create dependency upon the consciousness. Playing the piano, skating, operating the typewriter, the skilled trades, for example, they all depend for their perfect execution on the progress of the sub-conscious mind. The marvel of playing a brilliant piece on the piano, while at the same time conducting a vigorous conversation shows the greatness of our subconscious powers.

The outward and changeable power has been termed as 'conscious mind' or the 'objective mind' and deals with outward objects. The interior power is called 'subconscious mind' or 'subjective mind', and besides its work on the mental plane it controls the regular functions which make physical life possible.

The subconscious mind cannot argue controversially. Hence, if it has accepted wrong suggestions, the sure method of overcoming them is by the use of a strong counter suggestion, frequently repeated, which the mind must accept, and eventually forming new and healthy habits that are wholesome and right. If it would be harmful, and wrong, the remedy is to recognize the omnipotence of the subconscious mind and suggest present actual freedom. The subconscious being creative and One with our divine source will at once create the suggested freedom.

Nervous System

Brain, nervous system and thought obey natural laws. They set in motion the natural forces, they release natural energies, they manifest in your conduct and actions, which in turn respond upon your friends and acquaintances, and eventually upon the whole environment of yours. You can originate a thought, and since thoughts are creative, you can create for yourself the things you desire. When the creative power of the thought and brain is fully understood its effect will be seen to be marvellous. But such results cannot be secured without proper application, diligence, and concentration. Only a proper compliance with the Universal Law of Energy (ULE) will leads to a great result.

Do you love music, flowers, literature or are you inspired by the thought of ancient or modern genius? Remember, every beauty to which you respond must have its corresponding outline in your brain before you can appreciate it. There is not a single virtue or principle in the storehouse of nature which the brain cannot express. The brain is an embryonic world ready to develop at any time as necessity may arise. If you can comprehend that this is a scientific truth and one of the wonderful laws of nature, it will be easier for you to get an understanding of the mechanism by which these extraordinary results are being accomplished.

The nervous system has been compared to an electric circuit with its battery of cells in which force is originated, and its white matter to insulate wires through which the current is conveyed. It is through these channels that every impulse or desire is carried through this mechanism. The spinal cord is the great motor and sensory pathway by which messages are conveyed to and from the brain. There is the blood supply plugging through the veins and arteries renewing our energy and strength. There is the perfectly arranged structure upon which the entire physical body resets. And finally, the delicate and beautiful skin, clothing the entire mechanism is a mantle of beauty.

Universal Law of Energy and the Cosmic Law

Universal Law of Energy is the law which makes the Universe one grand ocean of harmony. If it were not for the law, the Universe would be a chaos instead of a Cosmos.

Negative and positive, good and bad, pain and pleasure coexist. Therefore there is one law, one principle, on cause, on source of power, and good and evil are simply words which have been coined to indicate the result of our action.

Quantum Physics

Whatever is your thinking and believe of the truth, it is based on the real truth or the perceived truth. They determine how the life will unfold. Quantum physics says that there exists no such thing as untruth. Our physical experiences in each area of life formed are based on perceptions that are called truth.

At some point you believe that money is difficult to get. This projected energy is emitted and broadcasted. This will harmonize with energy of a harmonious frequency in a wave form. Then transmute into particles which attract additional particles that harmonize with it. Your life will reflect difficulty in receiving money.

“All matter originates and exists only by virtue of a force. We must assume behind this force the existence of a conscious and intelligent mind. This mind is the matrix of all matter.” (Max Planck)

Implement Quantum Physics and Quantum Mechanics into your life. First develop the belief that everything is true. Second begin consciously putting it into the work in all circumstances which may be pleasant or unpleasant. You will find that it is 100% accurate without a fail, your life experience happenings will result in how you think and believe. This can be either on conscious or subconscious level. You will become your destiny. Yogis and spiritual masters expressed these facts for thousands of years. Studies of Quantum Physics have started matching with teachings of major religions of the world.

“Ask and it will be given to you, knock and it will open to you.” (Metthew, 7.7)

You have been provided the inalienable right of free will and given the ability to choose. You can choose to investigate Quantum Physics, delve more deeply into what has been shared here, discover it as truth for yourself or continue to create your life unconsciously. You alone are responsible for the events, conditions and circumstances that make up your life. Whether you choose to discover and accept it is also your choice. We all have been provided the inalienable right of free will to think and believe as we choose. Discover it, understand it, believe it, and consciously implement that understanding. Your life will transform.

Whatever choices you choose to make both today as well as in the future, it is our sincere `and heartfelt hope that those choices might lead you one step closer to a life experience of joy fulfilment, inner peace and limitless prosperity in each and every area of your life.

“Science cannot solve the ultimate mystery of nature. And that is because, in the last analysis, we ourselves are a part of the mystery that we are trying to solve.” (Max Planck)

Practical Section

Guidelines for Yoga Practice

Before, during and after yoga practice following guidelines will give better results:

1. **Right time:** Early Morning, empty stomach is the best time to do yoga. It gives the maximum benefits. If you want to do it in the afternoon or in the evening then you should not eat or drink tea 3 hours before.

2. **Place:** It should be clean and a silent place; it is better to practice Yoga on a yoga mat or a carpet.

3. **Practice:** If you practice 60 minutes yoga and meditation everyday you will start getting results very soon. Patience is very important for Yoga practice.

4. **Air:** It's really good to practice Yoga in fresh air. Switch off all fans and air cooling while practicing.

5. **Energy:** While doing meditation you can take a blanket or shawl over you. As in meditation body releases lot of energy. This energy helps in stronger immune system and experience peace.

6. **Silence:** While practicing, do not talk. Switch off TV and Mobile phone. These are very private moments.

7. **Liquid:** Immediately after drinking coffee or tea, don't do Yoga practice. Allow minimum two and a half hours.

8. **Water:** Right after Yoga practice do not drink water. Emergency is exceptional. After 1 hour or so you can drink normal temperature water. Do not drink very cold water as it will increase your body pain and other problems.

9. **How many times:** Once a day yoga practices are recommended. In case of some problem/disease minimum recommended is twice daily. This will give better results.

10. **Awareness:** During practice you should have full attention, concentration and awareness. Where ever you have pressure or stretch or pain you should take your awareness to that place. You will have better and faster results.

11. **Reaction:** Try not to give any negative reaction to your pain or stretch or pressure. First accept the pain and then treat it. Negative reaction towards the pain increases the pain.

12. **Ability:** Observe your abilities and capacities. Practice yoga accordingly.

13. **Pain:** Often, in the beginning one might feel that body starts paining or pain is increasing, because normally body is not used to practicing yoga. Practicing Yoga starts opening some muscles and joints which might initially cause pain. But for good

results continue practicing Yoga.

14. Turmeric: During the first week of practice if you have pain in your body you can drink one cup hot milk for one week before going to sleep. Mix one tablespoon of turmeric powder. If you don't have diabetes you can also put some sugar in it.

15. Thinking: While practicing, each moment positive thinking will take you to the way of excellent results from Yoga.

16. Pain Killers: Pain killers may cure the symptoms but unable to eradicate the cause of pains on longer run. Yoga helps to take the pain out from its root cause.

17. Vata and Kapha : Air or Vata when it is imbalanced it causes a lot of pain in the body. Kapha bring heaviness. Avoid vata prone foods like rice, yogurt, banana, beans, etc. before going to bed.

18. Waist: With Yoga practice keep your waist in shape and order, as per Ayurveda most of diseases occur from an imbalanced belly.

19. Rest: Balancing is Yoga (Lord Krishna). Awareness towards balance should be the priority. In the beginning keep eyes open, when you feel more comfortable then close the eyes. If you cannot do Yoga asana in standing position then you can take help of the wall.

20. Mind: It's rightly said "If you win the mind you win the world."

When you are practicing the asana's put your whole concentration in it. Don't take your mind in the future to make plans or in the past while practicing.

21. Prana: In most of the practices keep regular breathing. Do not hold breath unless guided.

22. Regularly: It is very important to practice yoga regularly. You can do it according to the time available for better results.

23. Action and Relaxation: After every action there must be relaxation. This gives higher and better results.

24. Stamina: You may increase the speed of the practice slowly. Increase the time of practice gradually; first week start 40 minutes, next week 50 minutes and then do it for 60 minutes. This practice will build-up stamina.

25. If suffering from knee or back pain then perform yogic jogging slowly.

26. If you face any problems doing the practice in standing position, you can also do it sitting.

27. If you cannot sit then you can also start practicing yoga in lying down position.

28. If you have some other problems, please feel free to contact your closest yoga therapist or else you can also write and ask us at

omanandji@gmail.com

Some other formulas

The imbalance in the energy causes imbalances in the body and mind so, be aware of the following:

1. In the morning when you wake up, can take ordinary water (*usha paan*) instead of tea. If, you are suffering from constipation take Amla juice (2 spoons) in hot water with little jiggery. If, you have diabetes then instead of jiggery put black salt.

2. In the beginning days of practicing yoga, before going to bed drink turmeric mixed in hot milk and if you don't have diabetes then you can put sugar in it as well.

3. Before going to the bed you can do lighter exercises of the legs and stomach.

4. While lying down on bed bring awareness on your breath and leave your whole body loose, this will reduce thoughts and will have deeper and better sleep.

5. Before going to bed leave all the tensions behind and say that when I wake up only then I will deal with them. (Too many thoughts mean you are trying to control the future, but in reality, no one can control the future).

Yogic practice

Our body is constituted of five elements water, air, earth, fire and space. If these five elements are balanced in our body then our body stays free of all diseases. Yoga provides us various technique/secret to take the disease out of the body from its root cause.

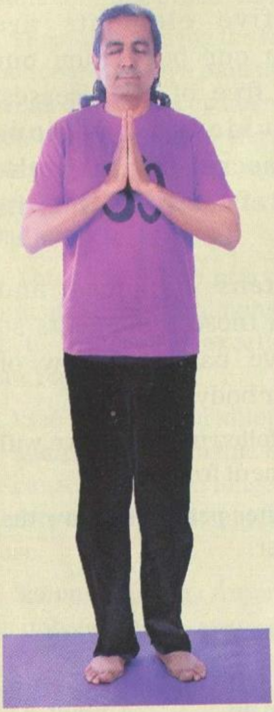
Yoga awakens balances and activates all these 5 elements so we can have balanced flow of energy in our body.

If we do the following things we will have more benefit from yoga:

For a 60 minutes practice, follow the following order:

1.	Prayer	2 minutes
2.	Rubbing palms to produce YogaAgni	1 minute
2.	Yogic warm up	4 minutes
3.	Yogic breath and warm up	10 minutes
4.	Surya Namaskar /Sun salutation	3 minutes
5.	Yogic jogging	2 minutes
6.	Yoga Asanas (selected or advised)	10 minutes
7.	Prananyam	15 minutes
8.	Chidshakti Meditation	15 minutes
9.	Prayer	2 minutes

In Yoga our one of the main aim is to energize and activates all the five elements so that we experience abundance flow of energy.



Manushya (Man) word is made of M*an* (Mind) and mind is like a wave which always moves and flow with desires, thoughts, to name a few.

Mind wants more and more which leads to dissatisfaction in the life. Prayer is a way you can free yourself from desires and enter in the zone of total satisfaction. If, prayer is done with true heart, it will give you the experience of being connected with your true self.

When the prayer starts blossoming then you will start feeling complete happiness and freedom from sadness.

All the religions in the world have accepted one sound which is the sound of OM. In Christianity and Islam it is called Amen, in Jewish religion they call it Shalom. Sikh, Jain, Buddhist and Hindus know this sound as OM. Science has also accepted that the universe evolved from a big bang. Our science confirms that sound is energy, Shakti.

Before and after Yoga and meditation practice, prayer helps in getting rid of all pains and sorrows of the life.

Recommended Yogic Method for Prayer

1. Either sitting or in standing position, close your eyes and join your both hands together in Namaste (Anjali) Mudra.
2. Relax your entire body.
3. Take 3 or 4 deep relaxing breaths.
4. Chant OM three times in a way that the sound echoes from every part of your body.
5. Rub your palms together for at least 1 minute. This will invoke YogaAgni (Fire of Yoga) in your palms.
6. YogaAgni provides energy to all the body systems through your hands which helps in relieving of the problems.
7. Cover your face with your warmer hands. Bend forward your head.
8. The moment your palms touches your face you will start feeling hot and cold effects spontaneously, at the same time.
9. This energy from your palms transforms your problems into pleasure and you start experiencing happiness and lightness.
10. Prayer helps in making the mind stable and concentrated. It relieves you from sadness, sorrow and sufferings.
11. Very slowly and gently come back and release and open your eyes. Now you are ready for other Yoga practices.

Prayer

Before starting yoga practice close your eyes and chant following universal prayers suitable for every caste, creed, culture or religion:

Chant OM three times very clear and deep. 50% time open mouth and 50% time lips together with full awareness.

Then chant following prayer:

|| Om Sahana Vavatu. Sahanau Bhunaktu Sahaveeryam Karvavahai ||
|| Tejasvina aVadhitamastu
Ma Vidhwishavahai ||
|| Om Shanti Shanti Shantihi ||

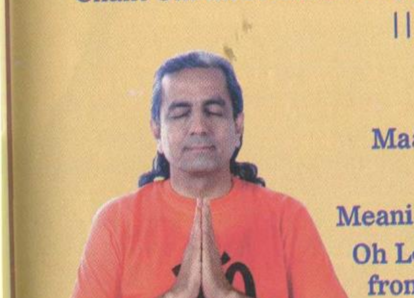
Meaning in English : Oh Lord! Protect all of us and help us that we get capacity to study and understand (the scriptures). We acquire the knowledge. With the acquisition of this knowledge let peaceful power also flow in us. Help us that we get brilliance. We do not hold any grudges (enmity) against anyone. Om Shanti Shanti Shantihi.

Eyes remain closed and after this chanting, rub your palms together. Cover your face with your hands. Bend forward your head. Maintain full awareness. Slowly come back and gently open your eyes. This centering process stabilizes the mind and body to enable us to proceed with yoga practice.

At last after Yoga session close your eyes and finish it completely by doing the following:

Chant Om three times deeply and clearly. Chant

|| Om Sarve Bhavantu Sukhinah,
Sarve Santu Niraamayaah ||
Sarve Bhadraani Pashyantu,
Maa Kashchid Dukhabhaag Bhavet ||
|| Om Shanti Shanti Shantihi ||.



Meaning in English:

Oh Lord! May all be happy, May all be free from diseases, may all have peace and happiness in their lives and no one suffer from sorrows.

Om Shanti Shanti Shantihi.

Rub your hands gently cover your face and bring your hands back slowly and come back. Open eyes slowly with full awareness.

Yoga Asana

I've got a chance to visit many schools in India and abroad; many modern yoga schools where yoga is taught. I saw it does not look like yoga asana, but like a gymnastics class. The students of yoga asana are either stretching or pressurizing their bodies. In this way, often beautiful asanas are done wrong or misguided and lose their essence. In this way aspirants become victim of either injuries or pains or problems.

Now the question arises: Can we call this as asana? If, aspirants go beyond the acceptable limits of physical body, this cannot be called as asana.

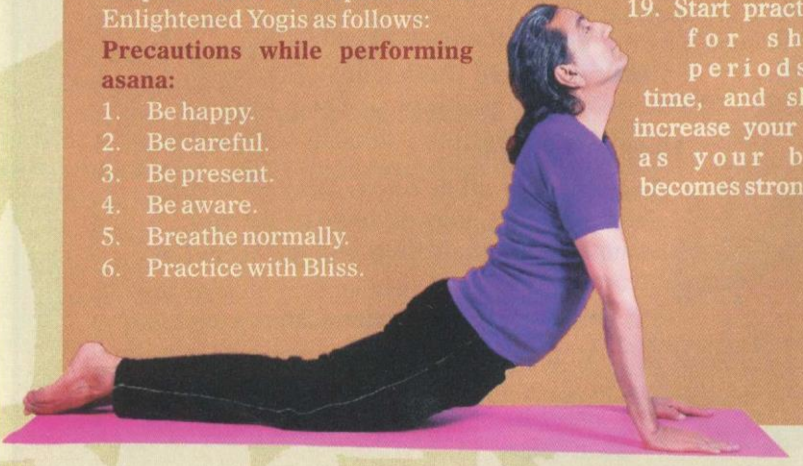
Then, what is Asana?

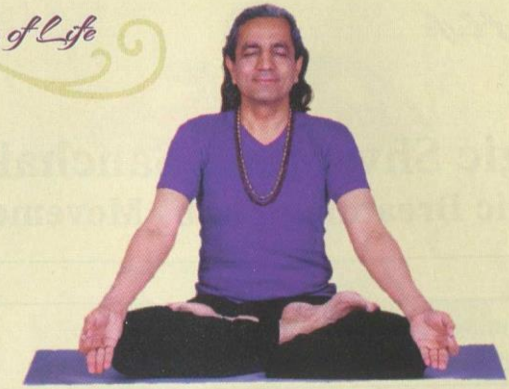
Patanjali Yoga Sutra (2/46) says "*Sthirm Sukham Asanam*" . "Steadiness with happiness is called asana". A position in which we feel happy and stable is called Yoga asana, where our diseases and troubles are removed.

Whenever you practice of asana, keep in mind the speeches of Enlightened Yogis as follows:

Precautions while performing asana:

1. Be happy.
2. Be careful.
3. Be present.
4. Be aware.
5. Breathe normally.
6. Practice with Bliss.
7. Feel the effect wherever is it happens or realize.
8. Do according to your capacity.
9. Concentrate in what you are doing.
10. Remove your negative thoughts out of your mind.
11. Do not see others. Do not compare to others.
12. Keep your eyes closed.
13. Be aware of the energy in your body, and expand it.
14. Realise without any resistance.
15. Start every asana normally, easily and comfortably and end in the same way. Never shake or shock your body.
16. Hold the asana for 30 seconds minimum and feel the effects on the body.
17. Few asana are not recommended during menstrual cycle and fever.
18. The best way to get the benefits is to practice with an empty stomach and an open mind.
19. **Start practicing** for short periods of **time, and** slowly **increase your** time as **your** body **becomes stronger.**





Yogic Shvsn Ang Sanchalan

Yogic Breathing Limbs Movement

Do you breathe?

All will answer this question as YES.

If you breathe then you can also show us how to stop it for 10 minutes. You will not be able to do it as we don't breathe ourselves. It just happens automatically. If you understand this concept in detail then you will get freedom from many problems and diseases. In yogic breathing we do the exercises and the breathing together to understand this science more deeply.

We try and get a unity in moving our body and breathe together in yoga, we also try to take our mind and prana to higher level. With this our body, mind and prana gets a lot of strength, peace and stability. Every inch of our body blossoms and we experience a deep vastness and expansion in us.

After these actions with awareness, a message evolves:
Body is beautiful
Mind is beautiful
Prana is beautiful

Our life becomes very beautiful and we experience beauty and balance in our life.

We get rid of all the diseases and problems in our life. Our capability and strength increases, we go beyond our problems.

By doing physical exercises and breathing techniques together we can see and experience some deeper changes in ourselves. Every time you go through this, your experience goes deeper with higher knowledge. When we give some speed to our body parts under some assigned work then we feel some movement happening within. This supplies fresh prana-shakti to our body parts. Then we experience freshness and tranquility.

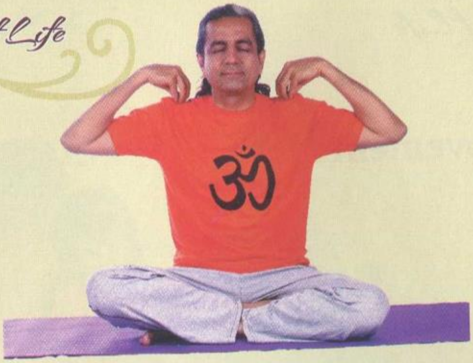
That's why yoga breathing techniques and exercises are very important for our body.

Few outlines of Yogic breathing movement

1. Shoulder movements
2. Shoulder kriya
3. Shoulder waist kriya
4. Chest expansion kriya

Yogic Shvsn Ang Sanchalan
Yogic Breathing Limbs Movement

SN	Actions	Rounds
1	Brahma Mudra Variation 1 : Exhale head down : Inhale head up	5
2	Brahma Mudra Variation 2 : Inhale Face Centre; Exhale Face Left / Right	5 x 2
3	Brahma Mudra Variation 3 : Inhale Face Centre: Exhale Ear to left/right shoulder	5 x 2
4	Brahma Mudra Variation 4 : Rotate the Head: exhale forward/inhale backward	11 x 2
5	KandhSanchalan –(Shoulder Rotation in saman mudra)	5 x 2
6	Vaksh-vistaar – (Chest Expansion)	11
7	Kati Chakrasan – (Waist Twist)	11 x 2
8	Ardh Kati sanchalan – (Waist movements)	11 x 2
9	PindSanchalan – (Rotate body from waist)	11 x 2
10	Nitambhsanchalan – (hips movements)	11 x 2
12	Nitambhchakrgati – (hips rotation)	11 x 2
13	Lahar Asana – (hips movement while dancing)	11
14	Pad uttith (legs raised on side by side) (make take support)	11 x 2
15	Paadchalan – (Military Walk)	21 x 2
16	Jaanusanchalan – (Knees movement)	5 x 2
17	Gulf uttankriya (Ankle stretch)	5 x 2
18	Gulf chakra (Ankle rotation)	5 x 2
19	NetraVyayam (Eyes Movements) (2 minutes)	5x
20	Kalai- chakra - (Wrist movement)	11 x 2
21	Anguliprasaar - Mushti – (fingers stretch & fist tightening)	5



Yogic Ang Sanchalan

Yogic Limbs Movement

Our body parts are made up of combining many cells together, so our body is made up of combining all these parts together. If, we want to keep our body healthy then we have to make our each and every part healthy and if we have to make our each and every part healthy then we have to make each and every cell also healthy. Like when we do not use our vehicle then all the parts in the vehicle gets rusted. Rusted vehicles either do not move at all or move with difficulty as normal.

Our body is also like this vehicle we have many systems in our body and many parts. These parts should keep getting new energy and peace at a regular basis. If these parts do not get energy on regular basis then they will stop working in normal way and they will start getting rusty and will get stiff and painful.

If our body parts are not working properly then it directly affects our body, mind and life. If some parts are sick and are not complete then our life also becomes incomplete. Our Yogis and Rishis have said if we do yogic Ang Sanchalan then our body parts will get healthy and energetic and in turn will lead to healthy body, mind and senses.

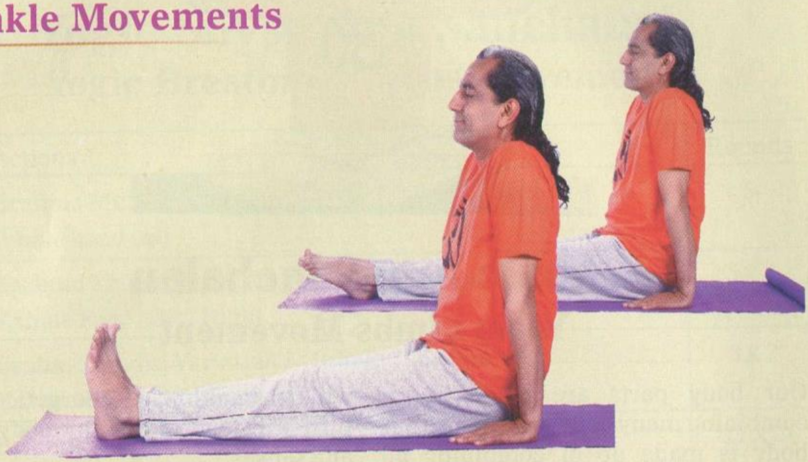
When we do Ang Shanchalan then besides our body parts our joints also get stronger and get more energy. This energy gives us new hope and happiness. With these exercises our joints, blood and all body parts get more flexibility besides energy. When the flexibility increases in the body then it gets easy to do yogic asana, pranayam, and meditation. We get better results. Body gets free from stiffness, tightness, soaring, weakness and pain.

Yogic Ang Sanchalan is a very important part of yoga practice and we should include this in your practice and make full use of it.

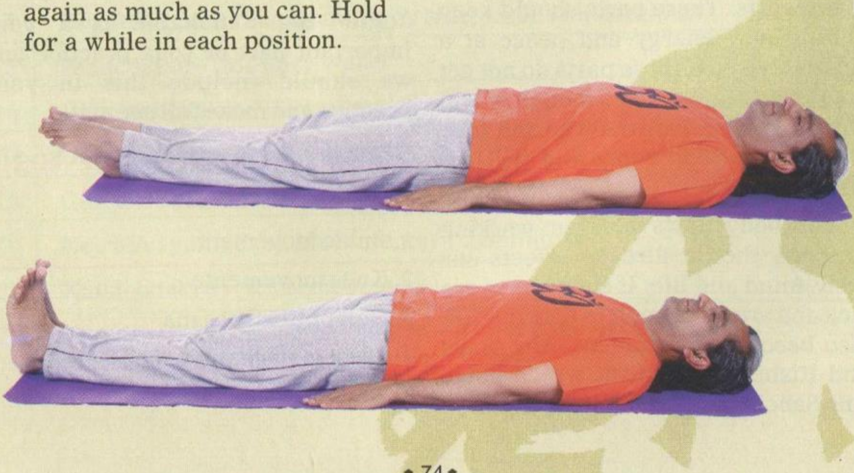
Some of the steps of Yogic Ang Sanchalan

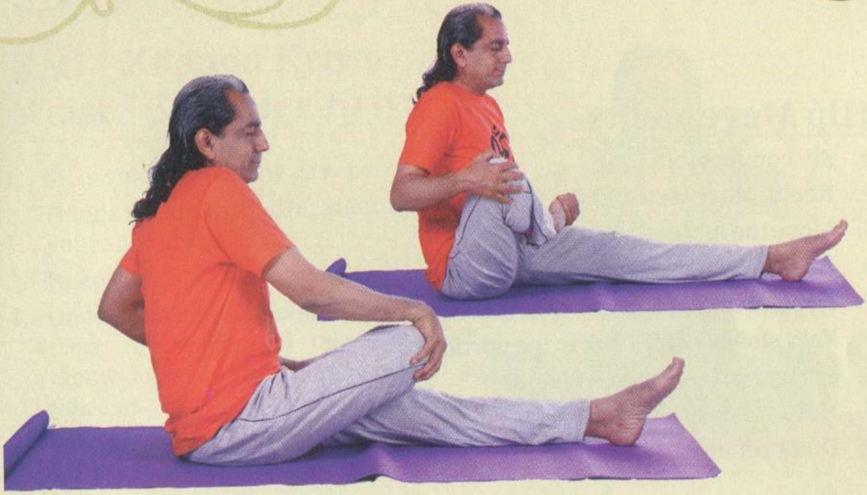
1. Ankle movement
2. Knee movements
3. Half butterfly asana
4. Wrist movement
5. Yogic hips movements

Ankle Movements

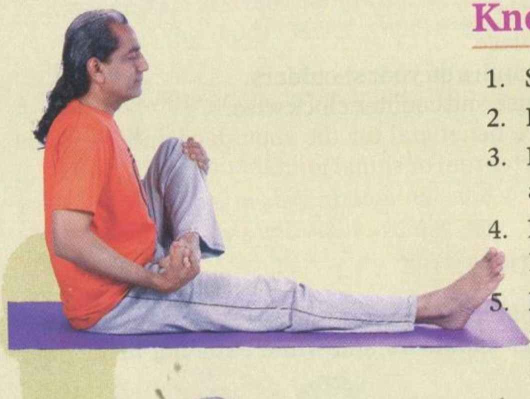


1. Sit comfortable on your place, if you can not sit then lie down.
2. Straighten both feet in front of you and keep your palm near the hipbone on the floor strictly as back should be straight.
3. Pull your feet towards you as much as you can (with your toes) and stop for a while.
4. Then let your toes come back again as much as you can. Hold for a while in each position.
5. Keep one feet distance between your feet and make circles from your ankles.
6. Bring both feet together and move them clock wise and counter clock wise.
7. Again, keep again a little distance between your feet and move them from left to right.
8. Do 3 to 8 times, 11 rounds.

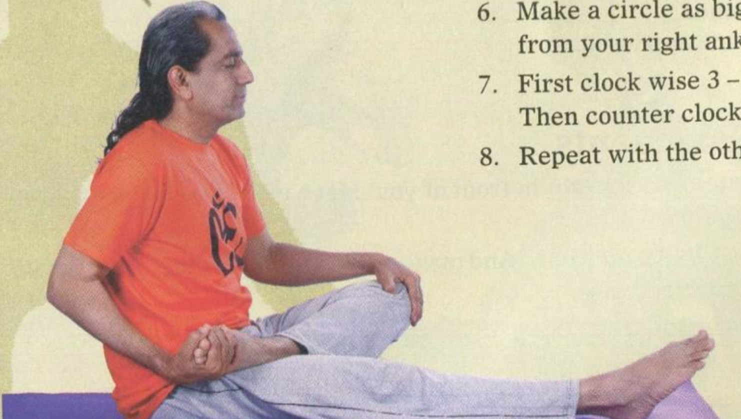




Knee Movement



1. Sit comfortable on your place.
2. Legs straight in front of you.
3. Keep straight your hip bone and waist
4. Bend your right foot from the knee and put it on the left leg.
5. Now you hold right knee with your right hand and right toe with left hand.
6. Make a circle as big as possible from your right ankle
7. First clock wise 3 – 5 – 8 times. Then counter clock wise.
8. Repeat with the other leg.



Hip Movements

1. Sit comfortable.
2. Keep both feet straight.
3. Move the feet to the right side.
4. Keep your feet on the left side.
5. Remain for a few minutes in the same position.
6. Very slowly come back to the normal position.
7. Turn your feet to the left side.
8. Hold the position.
9. Do 11 rounds.

Hipbones movements

1. Stand comfortable on your place.
2. Bring the fingers in Saman mudra on your shoulders.
3. Move your hipbones clockwise and counter clock wise.

Benefits: These movements are beneficial for the shoulder joints, cervical spondilitis (inflammation of vertebrae) or spinal joint.

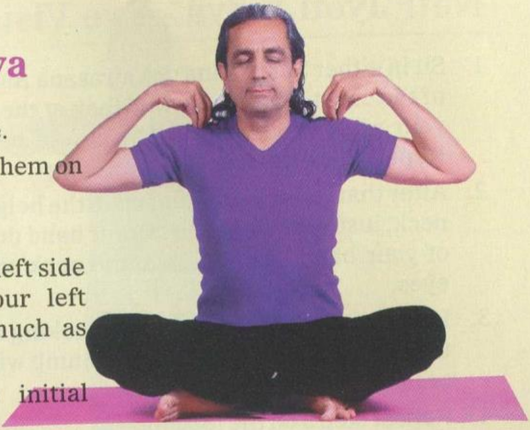
Shoulder Movements

1. Keep your hands on your shoulders in Saman mudra.
2. While inhaling keep up your shoulders and while exhaling bring your shoulders down.
3. Do 11 rounds.
4. Keep your eyes closed.

Wrist Movements

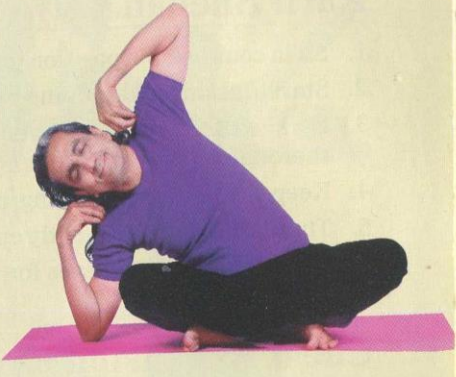
1. Bring your arms straight in front of you. Move your hands up and down from the wrists.
2. Make a fist with your hands. And make circles with your hands, clockwise and counter clock wise.

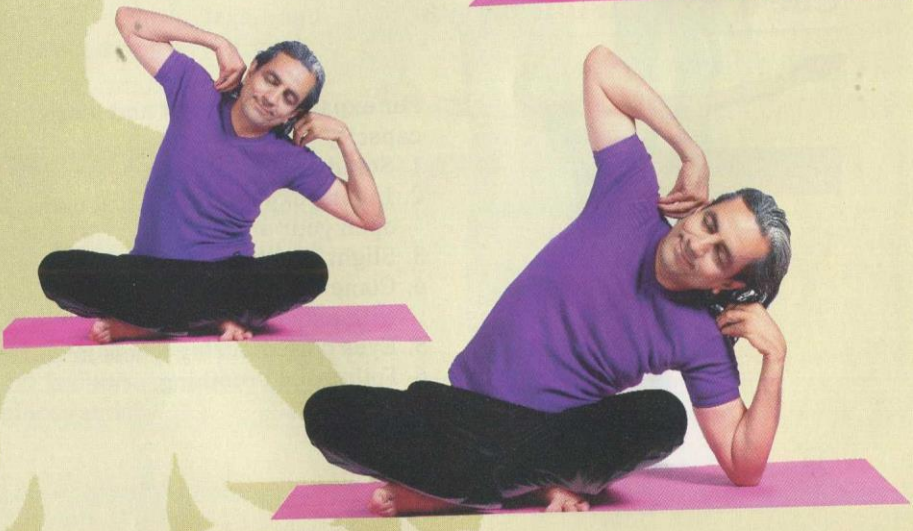
Kati / Khanda Kriya
Waist / Shoulder Kriya



1. Sit in sukasana or any easy pose.
2. Hands in saman mudra, place them on your shoulders.
3. Keep your back straight.
4. On the exhalation, bend to the left side from the waist and take your left elbow towards the floor as much as you can.
5. Inhale, and come back to initial position.
6. Repeat on the right.
7. Concentrate and feel the stretch on the sides of the body. Keep your eyes closed.
8. Exhale while going down, inhale while coming up.
9. Time: 11-21 rounds.

Benefits: Reduces waist, abdominal and shoulders pain. This will reduce the waist size.





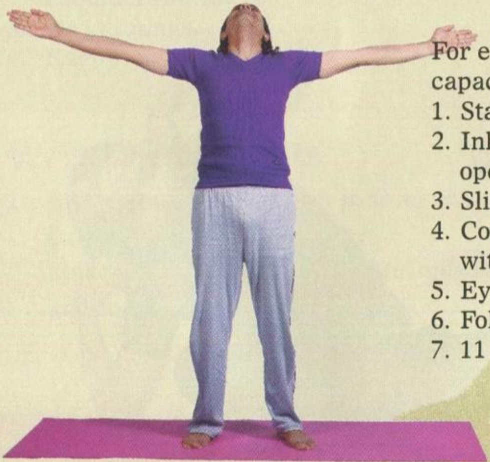
Netr Jyoti Kriya - Eye Vision Exercises

1. Sit in either Sukhasana or Vajrasana Asana. Raise your right hand in front of the chest. Thumb up, and look at the tip and concentrate. Slowly bring your right hand towards the nose. Keep looking at the tip of the thumb. Repeat 3 to 4 times at the beginning
2. After that, raise your hand up to the height of your head. Do not move your neck, just your eyes. Move your hand down, and keep on looking at the tip of your hand. Do not move the neck or the head. Only follow with your eyes.
3. Right arm in front of you. Keep looking at the thumb. Bring the right hand to the right side and follow the thumb with your eyes. Do not turn the neck or the head. Do 3 to 5 times.
4. Repeat step 3 on the left side.

Karn Bhedan Kriya - Ear Secret Kriya

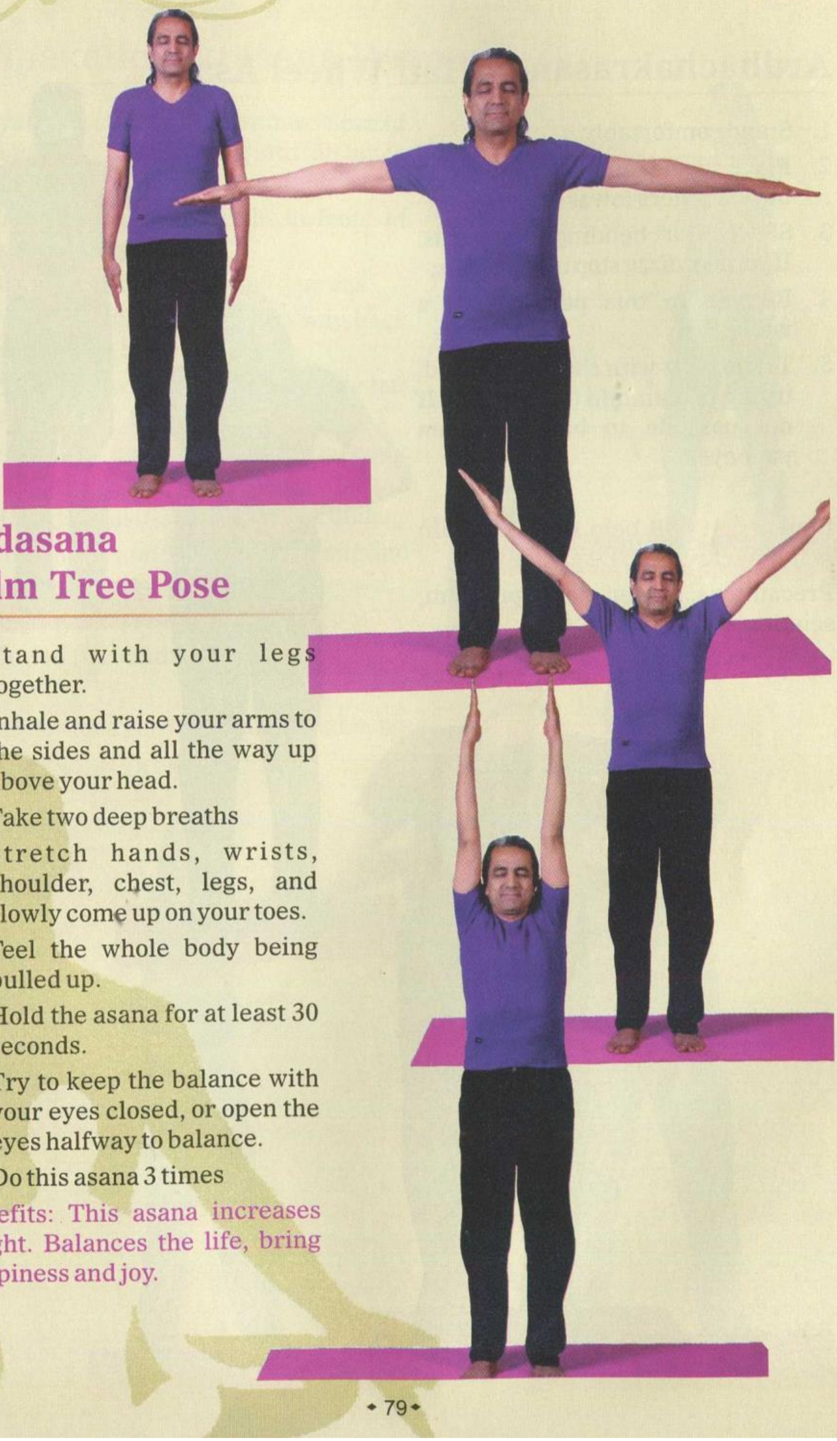
1. Sit in comfortable position (sukhanasana) with closed eyes.
2. Start pressing and rubbing both ears with fingers and thumbs.
3. Ears will be between all fingers and thumbs, to be massaged thoroughly.
4. Keep on massaging, pulling, pressings, rubbing ears for 2~4 minutes
5. Thereafter massage gently entire skull, face and neck.
6. Then sit with closed eyes for next 5+ minutes with full relaxation and awareness at ears.

Chest Expansion Kriya



For expansion of chest and lungs capacity

1. Stand up.
2. Inhale, expend your chest and open your arms.
3. Slight backbend, look up.
4. Come back to starting position with exhale.
5. Eyes closed during whole kriya.
6. Follow the breathing.
7. 11 rounds.



Tadasana
Palm Tree Pose

1. Stand with your legs together.
2. Inhale and raise your arms to the sides and all the way up above your head.
3. Take two deep breaths
4. Stretch hands, wrists, shoulder, chest, legs, and slowly come up on your toes.
5. Feel the whole body being pulled up.
6. Hold the asana for at least 30 seconds.
7. Try to keep the balance with your eyes closed, or open the eyes halfway to balance.
8. Do this asana 3 times

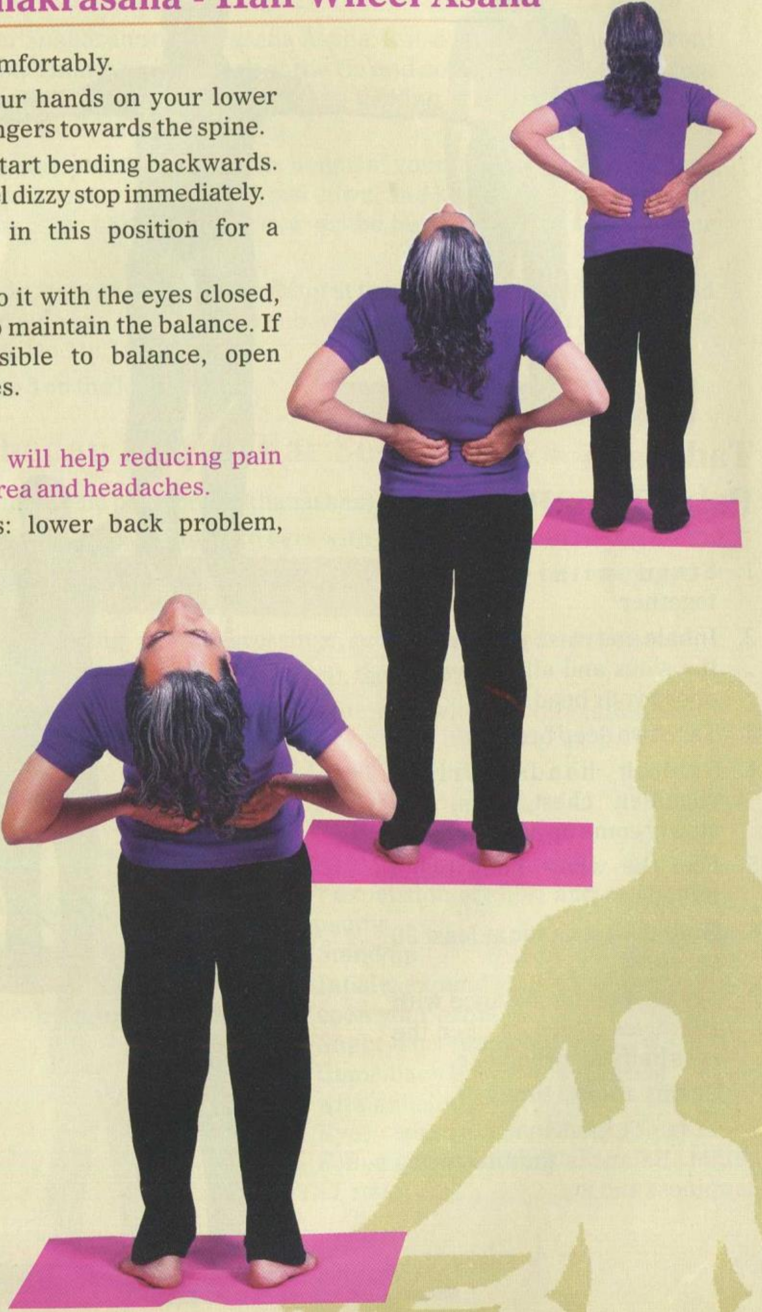
Benefits: This asana increases height. Balances the life, bring happiness and joy.

Ardhachakrasana - Half Wheel Asana

1. Stand comfortably.
2. Place your hands on your lower back. Fingers towards the spine.
3. Slowly, start bending backwards. If you feel dizzy stop immediately.
4. Remain in this position for a while.
5. Try to do it with the eyes closed, trying to maintain the balance. If not possible to balance, open your eyes.

Benefits: It will help reducing pain in lumbar area and headaches.

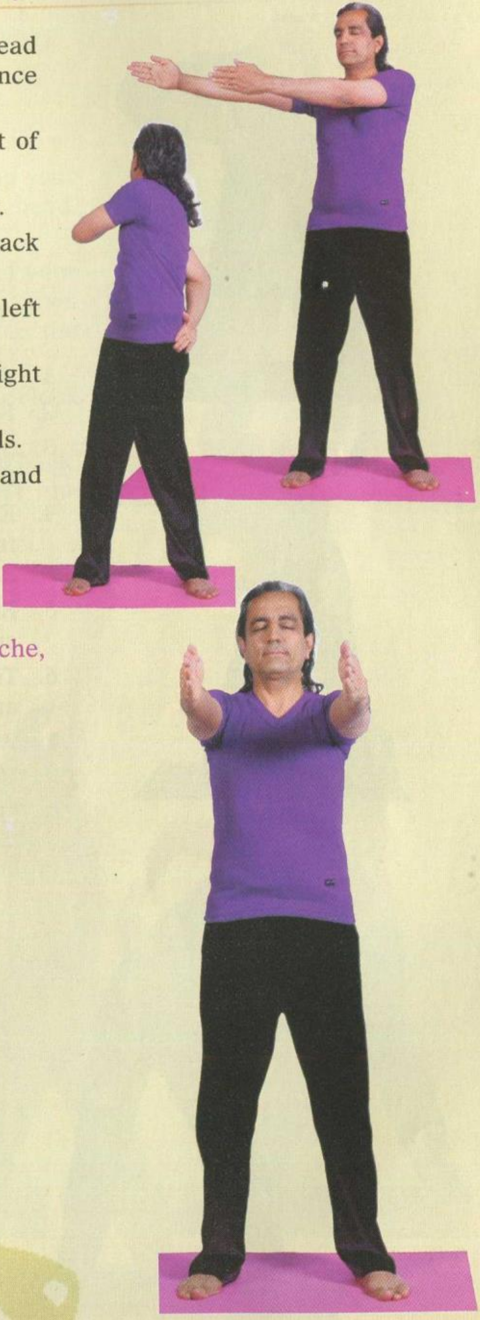
Precautions: lower back problem, sciatica



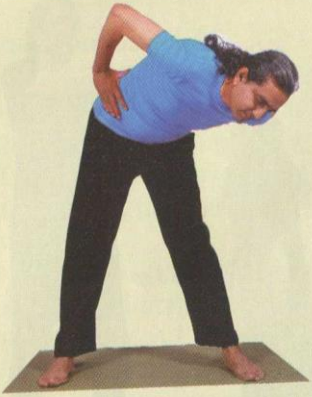
Ardhakatichakrasana Dynamic

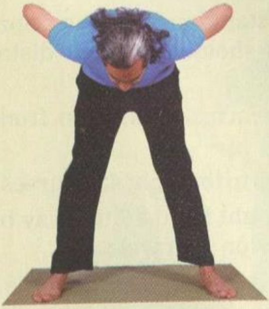
1. From a standing position. Spread your legs shoulders width distance apart.
2. Take your arms straight in front of you.
3. Bring arms to the right 45 degrees.
4. Take the right hand all the way back and place it on your waist.
5. Push back your shoulder with the left hand.
6. Turn your head and neck to the right and look back.
7. Hold this position for a few seconds.
8. Turn head and neck to the front and face the front.
9. Repeat on the left side.
10. Do 5 to 10 rounds in each side.

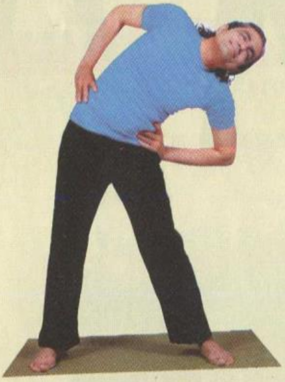
Benefits: Good for joint pain, head ache, back pain.



Katichakrasana Dynamic

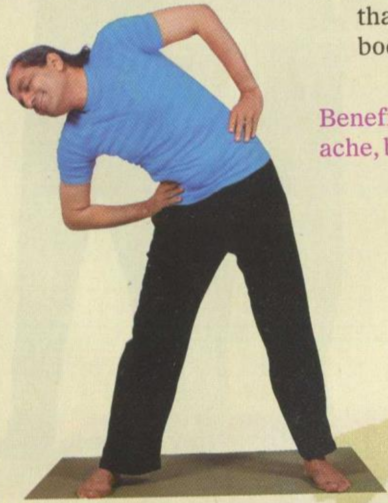




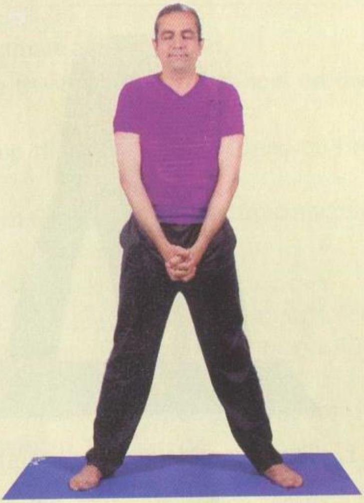


1. Start in a standing position.
2. Keep your hands on the waist.
3. Spread your feet hip width distance apart.
4. Exhale and bend forward, then turn the upper body to the left, back, right and up.
5. Reverse the movement to the right side.
6. To start do 5 rounds to each side, and slowly increase the rounds.
7. When you finish this asana, keep the eyes closed and relax the body.
8. Feel the body, and any changes that has recently happened in the body.

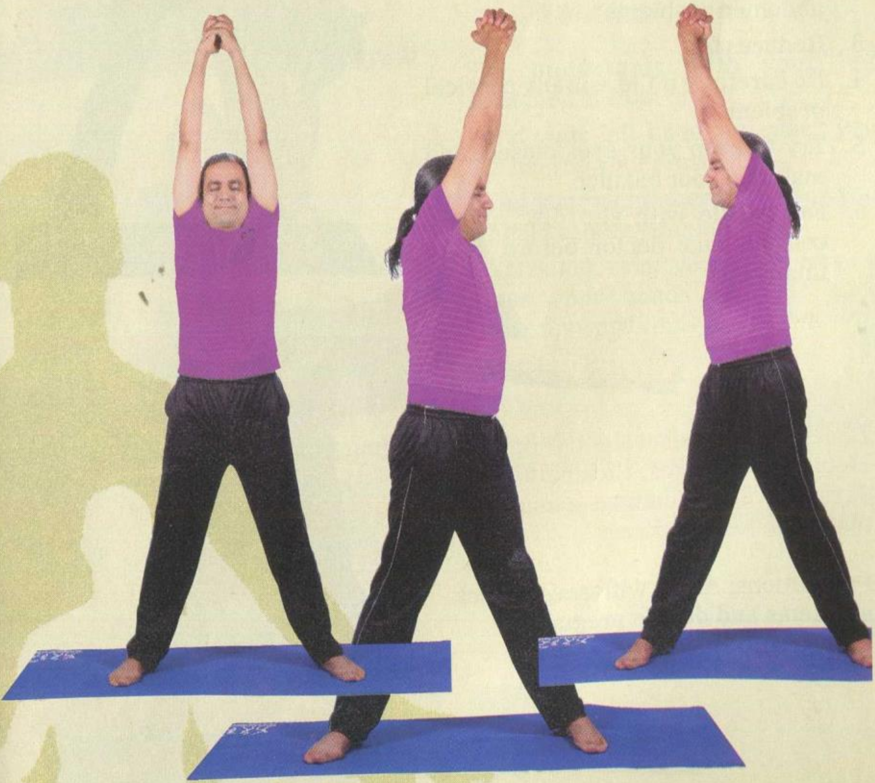
Benefits: Good for joint pain, head ache, back pain.



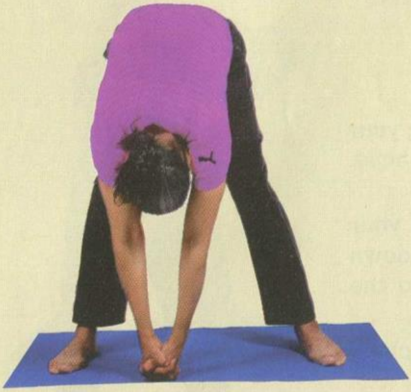
Saundry Pushti Asana
Beauty Fulfilment Asana

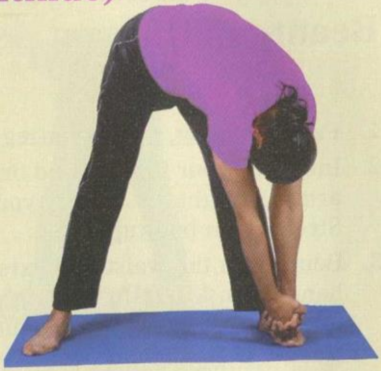


1. From standing, spread you legs.
2. Interlock your fingers, and bring your arms straight up above your head. Stretch your body up.
3. Bend from the waist and extend your hands/arms first to the right, down towards the floor and extend to the left. Do 11 rounds clock wise.
4. Reverse the movement, counter clock wise.
5. Feel the stretch in your arms and back. Keep the arms straight. Feel the energy pulling you.

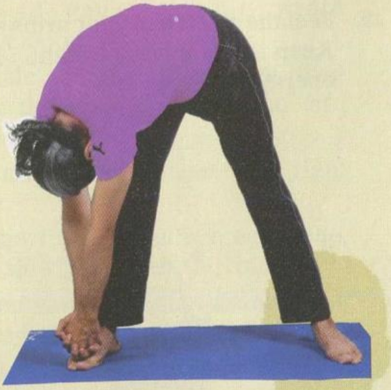


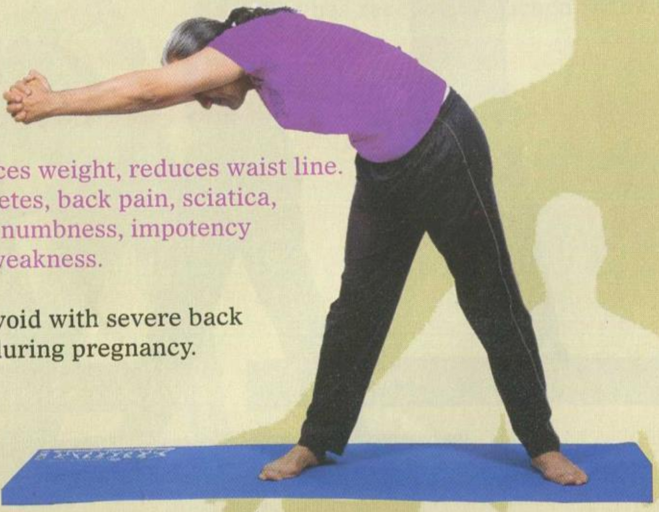
Saundry Pushti Asana (continue)





1. This asana is good to maintain the body beautiful and in shape.
2. Helps in removing waist and abdomen problems
3. Reduces fat
4. Do carefully if there is any cervical problems
5. Try to keep your eyes closed, and maintain your balance.
6. For people with slip disc, please consult your doctor before doing this asana.



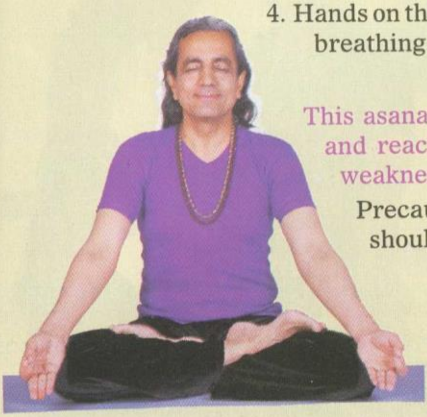


Benefits: Reduces weight, reduces waist line. Helpful in diabetes, back pain, sciatica, varicose veins, numbness, impotency and mitigates weakness.

Precautions: Avoid with severe back problems and during pregnancy.

Padmasana - Lotus Pose

1. Start in a comfortable sitting position
1. Spread both the legs and keep them at a distance of 1 to 1.5 feet.
2. Bend left leg in knee and place its toe on the right thigh and heel on the groin of the left leg.
3. Bend right leg in knee and place its toe on the left thigh and heel on the groin of the right leg.
4. Hands on the knees in Gyan Mudra. Continue normal breathing.

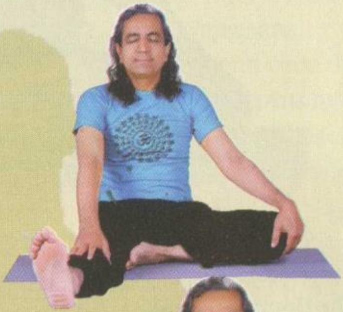


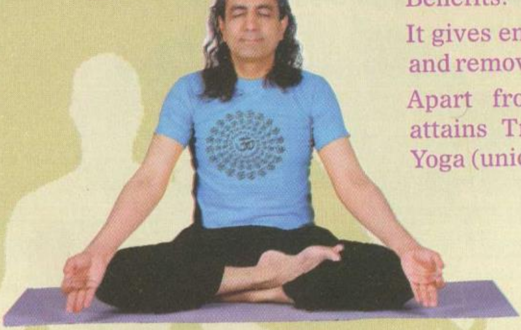
This asana is highly recommended for meditation and reaching Samadhi. This asana removes the weakness below belly button.

Precautions: Persons with knee or ankle injury should not perform.

Siddhasana

1. Sit comfortably with your legs stretched in front of you.
2. Bend your left knee and place your left heel on your perineum.
3. Bend your right knee and place your right heel over your left heel.
4. Sit straight, relax your shoulders and place your hands on your knees facing upwards in Gyan Mudra.





Benefits:

It gives energy and stability to the mind and removes all diseases of mind.

Apart from balancing of mind, one attains True Realization and ultimate Yoga (union)

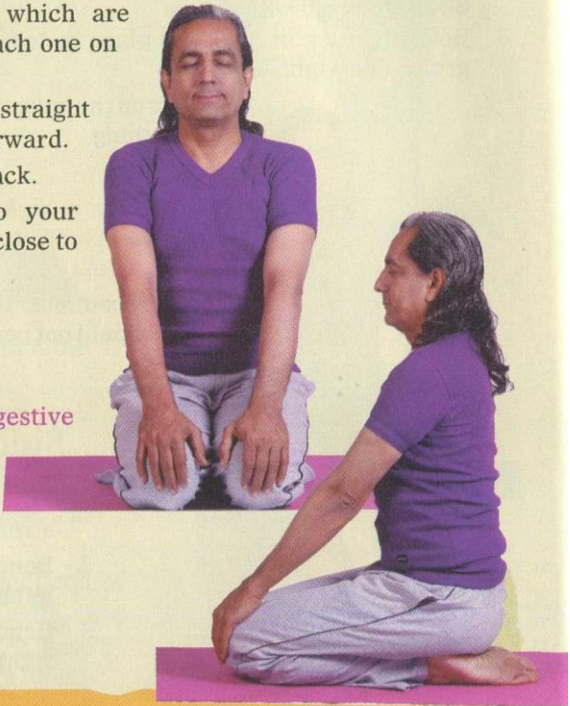
Vajrasana

1. Kneel with your legs together.
2. Toes pointing out behind you with the big toes touching.
3. Sit back onto your heels, which are separated slightly resting each one on your buttocks.
4. Sit upright with your spine straight and head and eyes looking forward.
5. Gently pull your shoulders back.
6. Now put your hands onto your thighs with the palms down close to your knees.
7. Breathe slow, deep breaths.

Benefits:

Regulates and improves the digestive system.

Precautions: Knee pain patients should avoid.

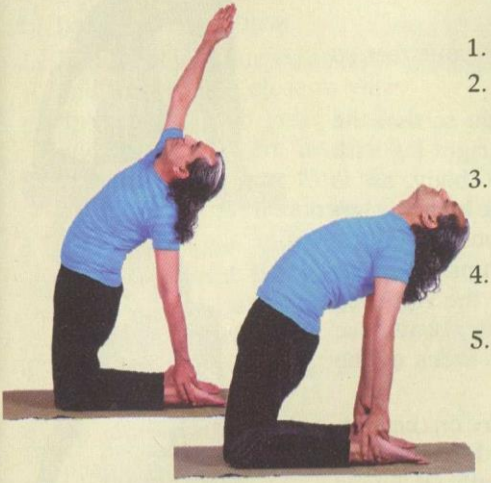


Manduk Asana – Frog Pose

1. Sit in Vajrasana.
2. Make fists with your hands, keeping the thumbs inside.
3. Place your hands just below your navel.
4. Inhale and on the exhalation bend forward towards the floor.
5. Bring your head slightly up.
6. Feel the pressure on you internal organs.
7. Hold the posture for about 30 seconds breathing normally.
8. Inhale and come up to vajrasana.

Benefits: This asana is beneficial for diabetes.

Ushtrasna – Camel Pose



1. Start from kneeling on the floor.
2. Inhale; bring your right arm up. Exhale and place the palm on the heel of the right foot.
3. Inhale; bring your left arm up. Exhale and place the palm on the heel of the left foot.
4. Let your head back as much as you can, without feeling any pain.
5. Keep your arms straight and pull forward with your hips.

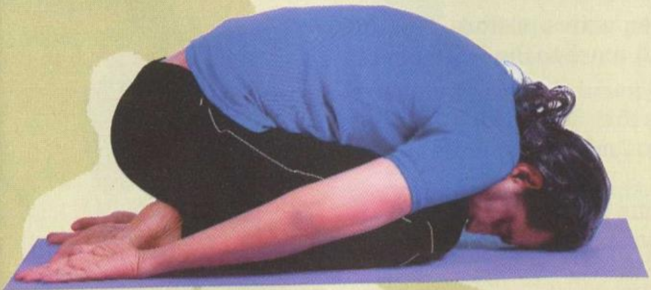
Benefits: Back pain, sciatica, indigestion, obesity, and imbalance of Kapha.

Precautions: Lower back and neck injury, knee injury.

Balasana - Child Pose

1. Sit in Vajrasana.
2. Slowly bend from the waist and bring your head to the floor.
3. Place your arms by your side, palms facing up.
4. Relax your body and breathe normally.
5. Practice for 1 to 5 minutes.

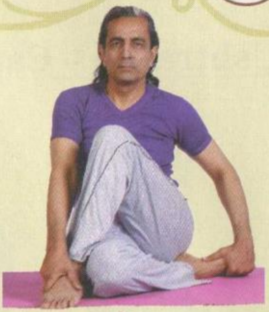
Benefits: It is one of the best asana for relaxation. It helps reduce body pain.

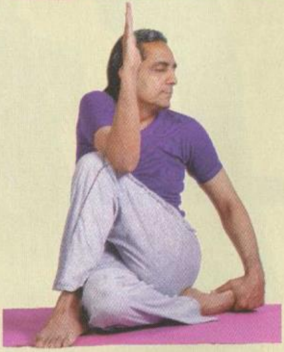


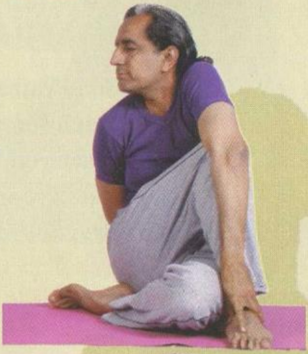
Ardhmatsyendrasana

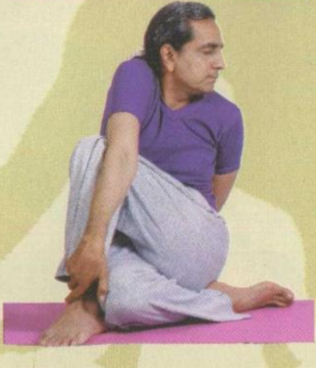
1. Sit in Vajrasana.
2. Drop your hips to the right of your feet so your sit bones are on the floor.
3. Bring the left leg over the right so that the foot is on the right side of the right leg with the foot as close in to the body as is comfortable. The closer in to the body the left foot is, the more difficult this posture is. For people with very inflexible hips, the half spinal twist can be done with the right leg completely straight. Be sure to always use the same leg position on both sides of the body.
4. Make sure that both sit bones are on the mat. If necessary move the right ankle away from the hips until you can feel both sit bones squarely on the surface of the mat.
5. Bring your left hand behind you and rest it on the floor.
6. Inhale and lift your right arm straight up over your head, stretching the spine upwards.
7. Exhale and turn the body to the left bringing the right arm outside the left knee. Look over the left shoulder.
8. Keep your spine straight and be sure to keep the weight of the body mainly on the spine and not on the left arm.
9. Make sure the shoulders stay parallel to the floor.
10. Try to make this an active posture, twisting the body a little bit more to the left on every exhale.
11. Hold this posture for 30 seconds to begin with, working up to 2 minutes or more

Benefits: It will regulate your digestive system. This asana is very effective for diabetes patients and it will help reduce the waist.

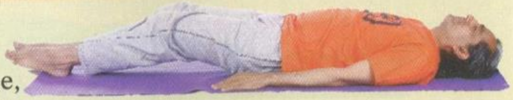




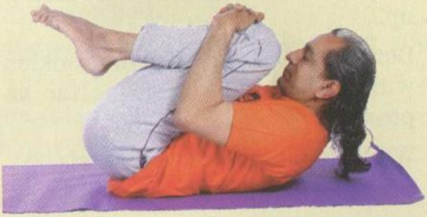


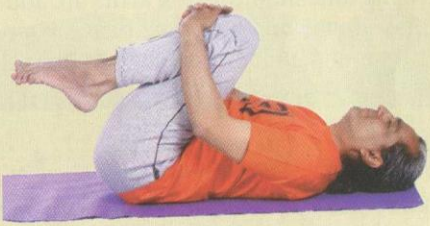


Pawanmuktasana - Wind Releasing Pose



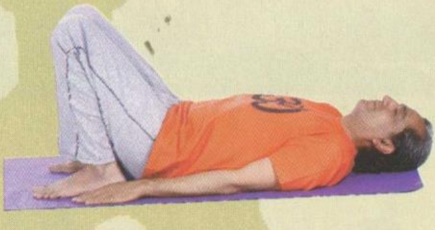
1. Lay flat on your back.
2. Inhale, bend your right knee, and bring them close to your torso using both your hands and let the fingers interlock below your knees. Feel the pressure on your abdomen.
3. Exhale, raise your head, shoulders, and back off the ground and let your knee touch your forehead.
4. Hold this posture for a few seconds.
5. Slowly start coming to initial position by allowing the head, shoulders, and back to return to the floor.
6. Do 7 to 11 rounds.



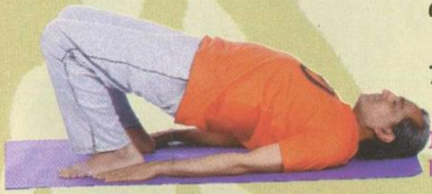


Benefits: It helps reduce headache, back pain. It improves digestion.

Khandrasana – Bridge Asana

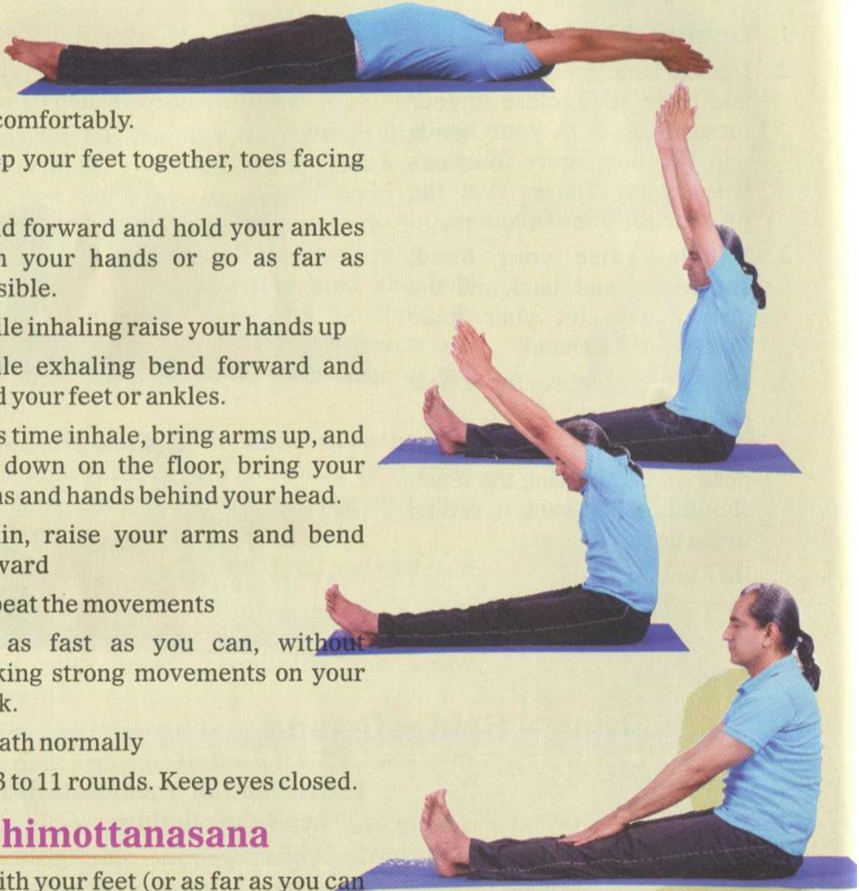


1. Lay flat on your back. Bring your heels close the hips.
2. Arms by your side, palms facing down.
3. Gently raise your hips and back off the floor as much as possible.
4. Hold the position for at least 30 seconds.
5. Slowly bring your body to the floor.
6. Keep your eyes closed and feel the extension on the back.
7. Do 5 rounds, holding for 30 seconds each time.



Benefits: This asana is beneficial for back muscle pain and joints weaknesses.

Dynamic Paschimottanasana



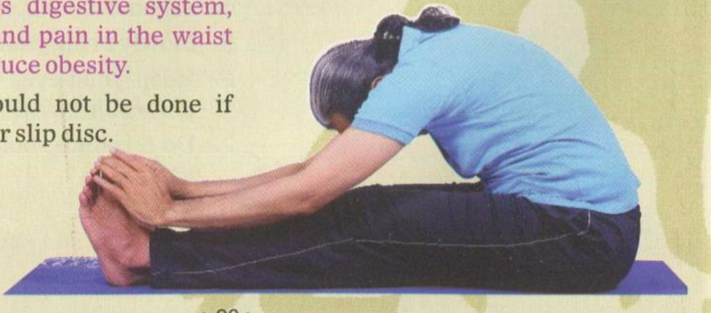
1. Sit comfortably.
2. Keep your feet together, toes facing up.
3. Bend forward and hold your ankles with your hands or go as far as possible.
4. While inhaling raise your hands up
5. While exhaling bend forward and hold your feet or ankles.
6. This time inhale, bring arms up, and lay down on the floor, bring your arms and hands behind your head.
7. Again, raise your arms and bend forward
8. Repeat the movements
9. Do as fast as you can, without making strong movements on your back.
10. Breath normally
11. Do 3 to 11 rounds. Keep eyes closed.

Paschimottanasana

Hold with your feet (or as far as you can reach) with your hands for at least 30 seconds up to 3 minutes. See picture for reference.

Benefits: Improves digestive system, reduces stiffness and pain in the waist area. It helps to reduce obesity.

Precaution: It should not be done if there is back pain or slip disc.

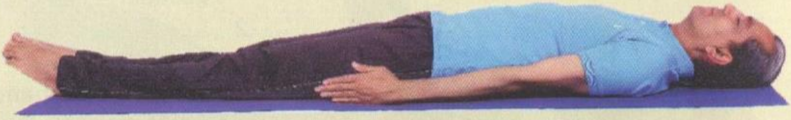


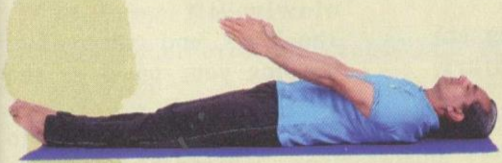
Simhasana – Lion Pose

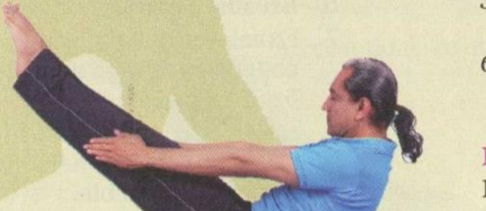
1. Sit on Vajarsana.
2. Keep little distance between ankles.
3. Place your hands of the floor between the legs.
4. Exhale through your nose and mouth, and simultaneously extend your tongue out of your mouth curving it toward the chin, stretch your facial muscles. While making the sound of a roaring lion.
5. Hold your breath out, and pull in the abdomen. Look up between your eyebrows.

Benefits: reduces fear, anxiety, tension, and weakness.
Increases confidence, concentration, clarity, and balances the mind.

Naukasana – Boat Pose





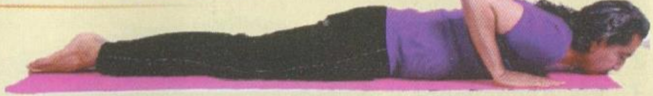


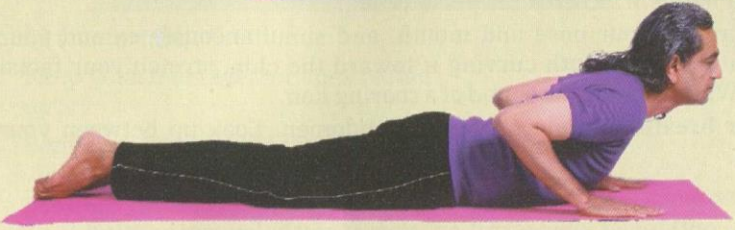
1. Lay flat on your back with your arms by your side.
2. With exhalation you lift your legs straight in the air and at the same time lift your upper body from the ground with your arms stretched out in front of you. Balance on your hipbones.
3. Look at your toes in front of you.
4. Hold the posture for 30 seconds or until you feel your muscles getting tired.
5. Slowly place your body back onto the floor.
6. Increase the length of holding the yoga posture with each time you practice.

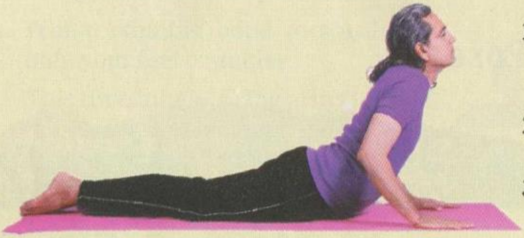
Benefits: Reduce fat in the body.

Precautions: Strictly prohibited for pregnant women and people who recently had surgery.

Bhujangasana - Cobra Pose



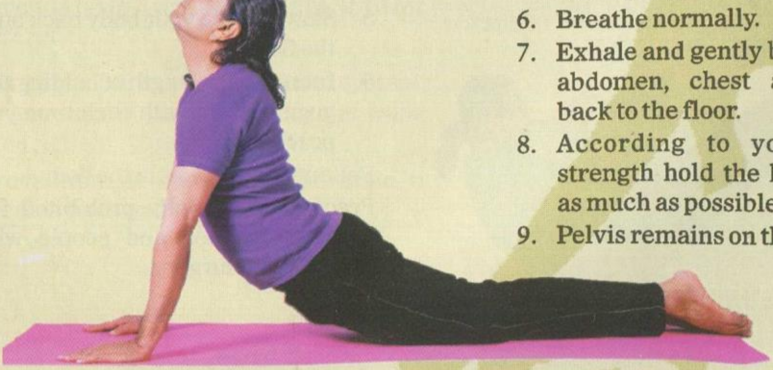




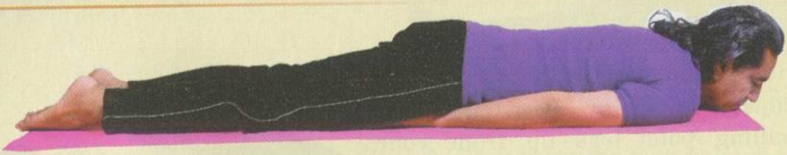
Benefits: Migraine, headache, neck ache, shoulder pain, joints pain will be lessen.

Precautions: Prohibited for pregnant women. People with any injury, immediate surgery should avoid.

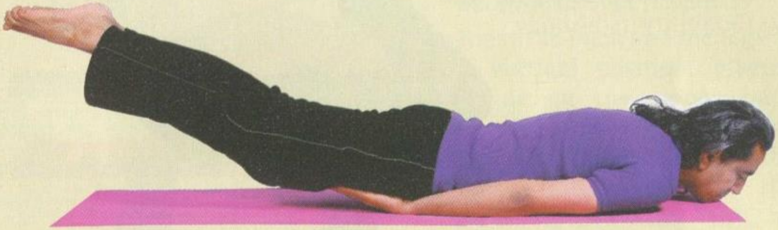
1. Lay down on your stomach. Forehead resting on the ground.
2. Legs together and feet touching.
3. Place your hands (palms downwards) under your shoulders, keeping your elbows parallel and close to your torso.
4. Taking a deep breath in, slowly lift your head, shoulders, and chest while keeping your navel on the floor.
5. Tilt your head back and try to look up. Bring the awareness on your throat chakra. Feel the expansion in your chest.
6. Breathe normally.
7. Exhale and gently bring your abdomen, chest and head back to the floor.
8. According to your body strength hold the head back as much as possible.
9. Pelvis remains on the floor.



Shalabasana – Locust Asana



1. Lay down, abdomen on the floor. Keep your chin on the floor.
2. Hand under your thighs
3. Raise your legs up as much as you can.
4. Keep your knees straight.
5. Hold the asana for 30 seconds.

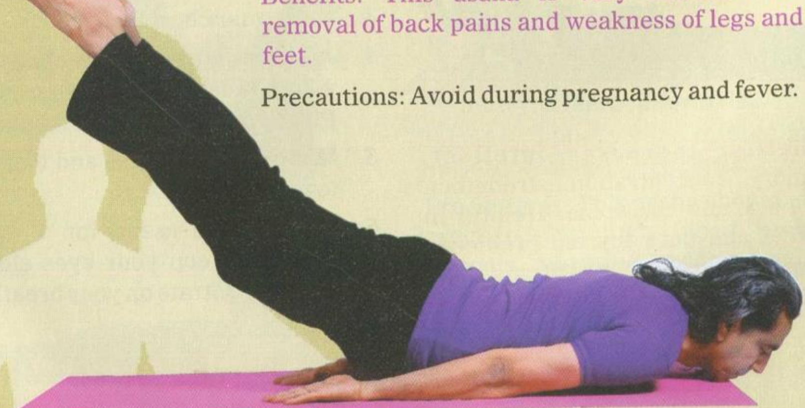


6. Slowly come back down to the floor.
7. Repeat 3 to 5 rounds.
8. Close your eyes and concentrate your mind on the lower back and abdomen.

This asana can be done one leg at a time, if there is any pain.

Benefits: This asana is very effective for removal of back pains and weakness of legs and feet.

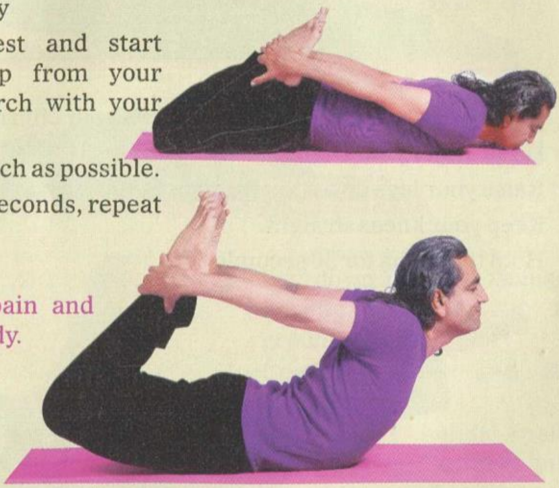
Precautions: Avoid during pregnancy and fever.



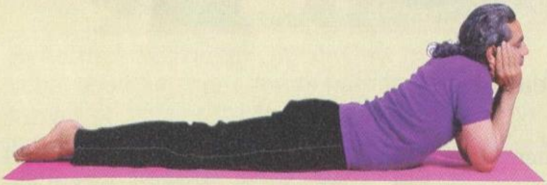
Dhanurasana - Bow Pose

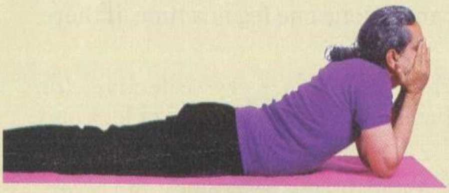
1. Lay on your stomach.
2. Hold your ankles firmly
3. Slowly lift your chest and start pulling your legs up from your ankles, forming an arch with your back.
4. Bend backwards as much as possible.
5. Hold the asana for 30 seconds, repeat 3 to 5 rounds.

Benefits: Removes the pain and brings flexibility in the body.



Makarasana Crocodile Pose

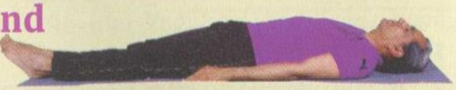


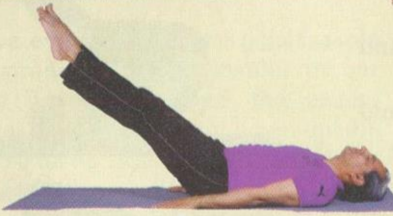


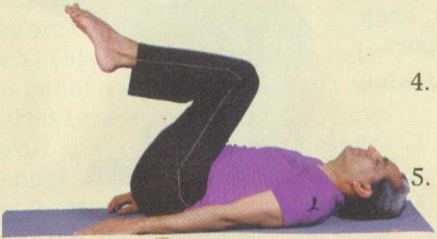
1. Lay on your stomach.
2. Elbows on the floor under your shoulders.
3. Raise your chest up.
4. Join your wrists; make a bed with your hands to support your head. Place your chin on your hands.
5. Make sure your legs and toes are together.
6. Mantain the asana for 1 to 10 minutes. Keep your eyes closed and concentrate on your breath.
7. Relax in this asana.

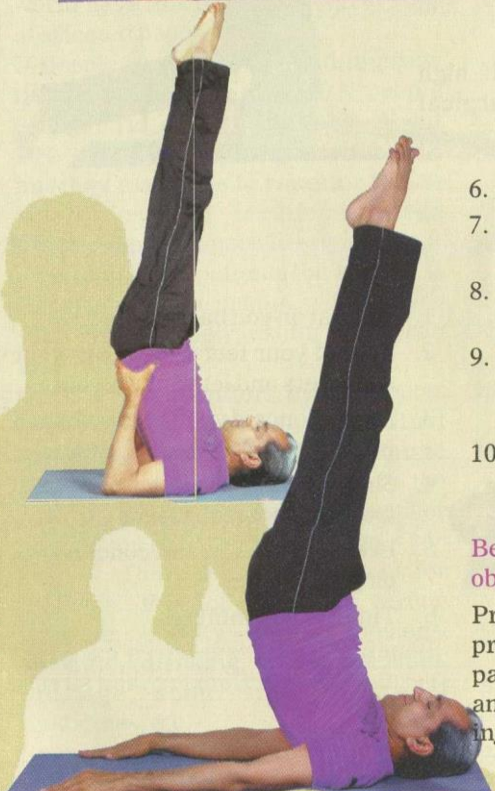
Benefits: Increases intellect, memory, concentration, strengthen the back and the spine. Helpful in thyroid and para thyroid problems, tonsils, hearing problems and headache.

Salamba Sarvangasana
Supported Shoulder Stand







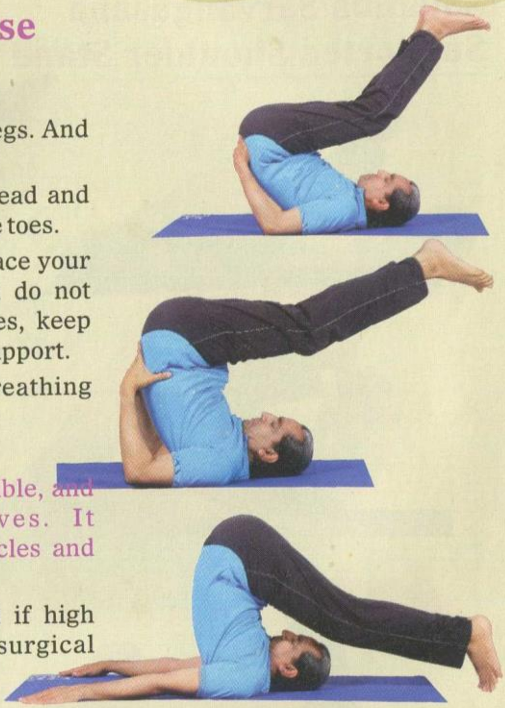


1. Lay flat on your back. Keep your feet together.
2. Hands on the floor by your body, palms facing down.
3. Inhale and bring your legs up, toes towards the ceiling in a 90 degree angle.
4. Exhale; raise the waist and the hips from the floor and take the legs backwards over the head.
5. Raise the back and the legs up into a vertical position, placing the hands on the upper back for support. The chin should rest against the chest, creating the chin lock. Fix the eyesight on the toes and maintaining the asana, continue normal breathing.
6. Keep the feet together.
7. Maintain the position for at least 1 minute
8. Slowly come back to a laying position.
9. Keep your eyes closed. Concentrate on your third eyes, between the eye brows.
10. Start with one minute and slowly increase the time up to 3 minutes or until you feel comfortable.

Benefits: Balances the thyroid gland, obesity, weakness, tiredness.

Precautions: This asana should not be practiced by high blood pressure patients, migraine, pregnant women, and people with any type of neck injury.

Halasana - Plough Pose

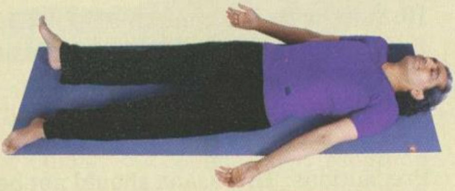


1. Lay flat on your back.
2. Inhale and slowly raise your legs. And raise your back of the floor.
3. Take your feet behind your head and try to touch the ground with the toes.
4. If your toes touch the floor, place your palms on the ground. If you do not reach the floor with your toes, keep your hands on your waist for support.
5. Hold the asana, while breathing normally.
6. Slowly come back to laying.

Benefits: It makes the spine flexible, and nourishes the spinal nerves. It strengthens the abdominal muscles and legs.

Precaution: Not to be practiced if high blood pressure, pregnancy, surgical patients.

Shavasana – Corps Pose



1. Lay flat on you back.
2. Spread your feet wider than your shoulders and let your toes out.
3. Arms alongside your body about 6 inches away. Palms facing up.
4. Slowly start relaxing your body from the toes to the head.
5. Breath normally, and concentrate on your breath.
6. Time: 3 to 10 minutes.

Benefits: This asana gives excellent results in tension, anxiety, and stress.

Yoga for Diseases

Diabetes

Diabetes happens when pancreas do not produce enough insulin in our body. Insulin balances the excess glucose in our body. But when insulin is produced lesser than our body require, then problem starts. This situation leads to Diabetes.

There are two types of diabetes:

Type 1. This type is exists in a person since childhood. This is called Type one. This type is very difficult to fully control and patient takes insulin injections.

Type 2: Most of the people in the world have this type of diabetes (90 % of affected people).

If people practice yoga and improve their life style then 60 to 70 % people can get rid of diabetes fully. About 20% can get relief to greater extent but they may have to continue taking small doses of medicines, yoga practice and balanced lifestyle.

Only about 10% patients for whom it is important to take insulin, with regular yoga practice their insulin intake can also go down.

Once a patient suffers from diabetes then other diseases also start attacking, because the immune system becomes weaker. Slowly the abilities of body become very weaker and person starts feeling fatigue.

Causes: There are many reasons for diabetes. Few of them are wrong lifestyle, obesity, stress, tensions, smoking, drinking, blood pressure, old age, some side effects of medicines, etc.

Solutions: Very effective and result oriented solution for diabetes control is Regular Yoga practice. These yoga practices should be done with proper sequence and guidelines. Other solutions are balanced diet, good sleep, good lifestyle, balancing your weight, less alcohol, less sugar intake and less smoking.

Yoga asana good to treat diabetes:

1.	Samaanmudra	10 minutes (can be done anytime)
2.	Mandukasana	30 seconds x 4 rounds
3.	Ushtrasana	2-4 minutes
4.	Naukasana	2-4 minutes
5.	Bhujangasana	30 seconds x 3 rounds
6.	Sarvangasana	30 seconds x 3 rounds
7.	Halasana	30 seconds
8.	Ardhmatsyendra asana	30 seconds x 2 rounds
9.	Balasana	1 to 3 minutes
10.	Setubandasana	30 seconds x 3 rounds
11.	Shavasana	2 to 4 minutes
12.	Pashimotaanasana	30 seconds x 3 rounds
13.	Anulom vilom prananyam	3 minutes x 3 rounds
14.	Kapalbhati pranayama	1 minute x 3 rounds
15.	Bhastrika pranayama	1 minute x 3 rounds
16.	Bhramari pranayam	5 minutes
17.	Chidshakti Meditation	10~20 minutes

Please read the steps, procedure, explanations of these asana, prayanayams and mudras in other pages of this book.

Out of these pranayams, Kapalbhati pranayam is more beneficial for diabetes. Meditation becomes more effective to get relief from this disease.

Cholesterol and Thyroid

Cholesterol problem comes when there is imbalance in the liver. Cholesterol is present in all cells, Heart, intestine, head, nervous system; lungs and skin are all involved. In America half of the population is suffering from cholesterol problem. Cholesterol is of three types: LDL, HDL, and VLDL. Amongst these HDL is considered as good cholesterol.

According to new research the reason of increase in cholesterol is mainly due to imbalance of thyroid. In the middle of our throat there is a thyroid gland which produces hormones in our body. Hormones regulate the metabolic rate in our body.

There are two types of thyroid condition:

1. Hyper 2. Hypo

If the production of hormones is imbalanced then our body and mind also gets imbalanced.

Cholesterol and thyroid: Both the problems are related to each other in many ways, if the thyroid gland produces imbalanced hormones then it has a deeper impact on the cholesterol levels of our body.

Causes: There are many known causes of imbalanced cholesterol and thyroid. Few of these are wrong lifestyle, stress, tension, obesity, smoking, drinking alcohol, growing age, diabetes, side effects of certain medicines.

Treatment: One of the preferred and better treatments is regular practice of yoga and meditation. Balanced lifestyles, yoga practice frequently, good sleep, balanced diet, keeping a check on body weight, keeping away from cigarettes and alcohol.

Yoga practice beneficial for these problems:

1.	Samaan mudra	10 minutes as & when required
2.	Sarvangasana	30 seconds x 3 rounds
3.	Makarasana	2-4 minutes
4.	Kandrasana	30 seconds x 3 rounds
5.	Vrajasana	2-4 minutes
6.	Bhujangasana	30 seconds x 3 rounds
7.	Singhasana	5 rounds
8.	Ushtrasana	30 seconds x 3 rounds
9.	Sarvangasana	30 seconds x 3 rounds
10.	Halasana	30 seconds minimum
11.	Balasana	1 to 3 minutes
12.	Shavasana	2-5 minutes
13.	Pashchimotasana	30 seconds x 3 rounds
14.	Ujjai pranayama	1 minutes x 5 rounds
15.	Anulom Vilom pranayama	3 minutes x 3 rounds
16.	Kapalbhati pranayama	1 minute x 3 rounds
17.	Bhastrika pranayama	1 minute x 3 rounds
18.	Bhramari pranayama	5 minute
19.	Chidshakti Meditation	10~20 minutes

Please read the steps, procedure, explanations of these asana, prayanayams and mudras in other pages of this book.

Ujjai pranayama is very beneficial for these problems. Meditation brings miraculous effects for improvements in these diseases.

Insomnia

Sleep is a natural process in which we get rest for our body, mind and thoughts. There is a natural law that one should do deep rest after hard work. Whenever we have too many thoughts in our mind it is hard for us to sleep properly. We can get good sleep only when we are free from our thoughts. Try to be free from thoughts so that one can experience deeper sleep. Insomnia is of three types: Low, medium and high.

Causes: There are many reasons for insomnia. Some of these reasons for insomnia are tension, environment, wrong timing for sleeping, imbalanced food reaction to some medicines, alcohol and smoking, too much or too less diet, television in bedroom, fight before going to bed, wrong lifestyle, pain and other disease related to breathing, depression, accident, stomach problems etc.

Remedies: One of the excellent and proven remedy for insomnia is regular Yoga practice. Other remedies which could also help in improvement in lifestyle, balanced diet, drink milk before sleeping, wash hands and legs before sleeping, make a promise to yourself that all the work that should be done outside the bedroom you will never do inside (like office work, etc). Don't sleep by putting your legs in south direction. During your sleep, your head should not be directly under window.

Sleep is a natural process. Don't fight against sleeplessness and try to relax and not try too hard to get sleep. If you regularly and properly practice meditation then you will be able to sleep properly. Yog Nidra and lying down in shavasana is also very beneficial for you.

Yoga asana mentioned below are very beneficial:

1. Kati sanchalan	5 rounds in each direction
2. Mahasir mudra	10 minutes or as and when it is required.
3. Makarasana	2 to 5 minutes
4. Vjrasana	2 to 5 minutes
5. Bhujangasana	30 seconds x 3 rounds
6. Sarvangasana	30 seconds x 3 rounds
7. Balasana	1 to 3 minute
8. Shavasana	2 to 5 minutes
9. Sidhasana	1 to 5 minutes
10. Anulom Vilom	2 minutes x 3 rounds
11. Kapalbhati pranayama	1 minute x 3 minute
12. Bhastrika pranayama	1 minute x 3 rounds
13. Bhramari pranayama	10 minutes
14. Chinmay mudra breathing	5 minutes
15. Chidshakti Meditation	10~20 minutes

Please read the steps, procedure, explanations of these asana, prayanayams and mudras in other pages of this book.

Bhramari pranayama is very beneficial for insomnia. Meditation brings miraculous effects for improvements in the quality of sleep.

Stress, Tension, Anxiety & Depression

Stress: With the fear of failure or unknown a pressure is built in the mind, this pressure is Stress.

Tension: This stress further goes into constant thinking on the subject or past or future creates tension.

Anxiety: Sudden suffocation (because of tension) is called anxiety. To worry uselessly causes anxiety. Fear is also called anxiety.

Continuous stress, tension, anxiety with suppression leads to depression. Modern medical science has no real cure for this problem.

Causes: Tension, stress, suffocation, depression come in us due to fear, worry and lack of knowledge. Thoughts and fight among the thoughts causes all these problems.

Cure: One of the mostly regarded and accepted cures is Meditation. Thereafter there are many other remedies which reduce these problems. A Good sleep, practicing yoga and meditation frequently, good lifestyle, working according to your capacity, accept the laws of the universe and pay respect to them. Science through many researches has proved that these problems can be cured from yoga and meditation practices.

Beneficial yoga asana:

1.	Mahasir mudra	10 minutes as required.
2.	Makarasana	2 to 5 minutes
3.	Vrajasana	2 to 5 minutes
4.	Bhujangasana	30 seconds x 3 rounds
5.	Sarvangasana	30 seconds x 3 rounds
6.	Balasana	1 to 3 minutes
7.	Shavasana	2 to 5 minutes
8.	Ushtra asana	30 seconds x 3 rounds
9.	Padasana	1 to 5 minutes
10.	Anulom Vilom	3 minutes x 3 rounds
11.	Surya Bhedi pranayama	1 minute x 2 rounds
12.	Kapalbhati pranayama	1 minute x 3 rounds
13.	Bharamari pranayama	10 minutes
14.	Chidshakti Meditation	10~20 minutes

Please read the steps, procedure, explanations of these asana, prayanayams and mudras in other pages of this book.

Anulom Vilom Pranayam is very beneficial for getting relief from Stress, Tension and Anxiety. Chidshakti Meditation brings miraculous effects for improvements in reduction of Stress, Tension and Anxiety.

Gastric Problems, Acidity & Constipation

Our body is made of 5 elements and one of the very important one is 'Air'. In normal language is called air means gas. When this element is in imbalance then we face a lot of difficulties like burping, farting, head ache, imbalance in the mind and anxiety, diarrhea, constipation, ulcer, burning sensation in chest , likewise many such problems.

Causes: Gastric problems, acidity and constipation primarily arise from imbalanced digestion, imbalanced diet, wrong lifestyle, no yoga practice or exercise, drinking alcohol, smoking, negative thoughts etc.

Remedies: Most practical and enjoyable remedy for gastric problems, acidity and constipation is practicing regular yoga. Apart from regular Practice yoga other options also helps like; drink enough water, chew your food properly before swallowing, stay away from fried and processed food, sleep enough, keep your stomach always clean if you have to go to the toilet more than once this is also good but we have to keep the stomach clean, stay away from alcohol and cigarettes, take tea and coffee in limited amount and its better to have it without sugar, don't go to sleep directly after eating dinner, try not to drink tea and coffee empty stomach.

Useful yoga asanas:

1.	Vayu mudra asana	5 minutes when required.
2.	Pavanmukta	1 minute x 3 rounds
3.	Vrajasana	5~10 minutes after meals
4.	Bhujangasana	30 seconds x 3 rounds
5.	Sarvangasana	30 seconds 2 minutes
6.	Naukasana	30 seconds x 3 rounds
7.	Balasana	1~3 minutes
8.	Sondarya Pushti asana	11 rounds each direction
9.	Shavasana	2~5 minutes
10.	Pashchimotaanasana	30 seconds x 3 rounds
11.	Kandrasana	30 seconds x 3 rounds
12.	Dhanurasana	30 seconds x 3 rounds
13.	Anulom Vilom Pranayam	3 minutes
14.	Kapalbhati Pranayam	2 minutes x 3 rounds
15.	Agnisaar	30 seconds x 2 rounds
16.	Bhamari pranayama	2 minutes
17.	Kunjal kriya	once a fortnight
18.	Shankh Prakshalan	once in three months
19.	Chidshakti Meditation	10~20 minutes

Please read the steps, procedure, explanations of these asana, prayanayams and mudras in other pages of this book.

Kapalabhati Pranayam is very beneficial for getting relief from gastric, acidity and constipation. Chidshakti Meditation brings very good effects for improvements in balancing digestive system.

Asthma & Bronchitis

In Asthma sometimes patients think that their breath will stop and they will die, Asthma is kept in the category of breath related problems.

Main Causes: There are many reasons for this disease. Some of them are Lack of good immunity, smoke and dust in the atmosphere, pollution, frequent change of weather, smoking, stress and tension, eating food which are cold for the body (like curd, banana, some lentils, rice etc),if you live in a place with a lot of humidity then this could happen.

Remedies: One of the known and excellent result oriented remedy without medicine is regular practice of yoga. Begin this practice under the guidance of a regular yoga teacher then you can do it by yourself. Other effective remedies could be don't sleep with a thick pillow, stay away from pollution, change in lifestyle, sleep in shavasana and stay away from fried and spicy food. Do not eat vat and kaph oriented food like; rice, banana, curd, lentils at night. Try not to sleep with air cooling on, eat warm food items only. During summer, practice yoga in airy and open space for better results.

Beneficial yoga practice:

1. Khaki mudra	2~5 minutes
2. Vayu mudra	5 minutes when required
3. Mahasir mudra	10 minutes when required
4. Makarasan	2~5 minutes
5. Bhujangasana	30 seconds x 3 rounds
6. Sarvangasana	1 minute
7. Balasana	1~3 minutes
8. Shavasana	2~5 minutes
9. Pachimotaanasana	30 seconds x 3 rounds
10. Dhanurasana	30 seconds x 3 rounds
11. Anulom Vilom Pranayam	3 minutes x 3 rounds
12. Suryabhedi Pranayam	1 minute x 2 rounds
13. Kapalbhati Pranayam	1 minute x 3 rounds
14. Bhramari Pranayam	5~10 minutes
15. Jala Neti	3~4 times/ week
16. Chidshakti Meditation	10~20 minutes

Please read the steps, procedure, explanations of these asana, prayanayams and mudras in other pages of this book.

Anulom Vilom Pranayam is very beneficial for getting relief from Asthma and bronchitis. Chidshakti Meditation brings very good improvements in balancing respiratory system.

Cold, Cough & Flu

From birth till death our body temperature stays 98.6 degree. But when some change in this temperature comes we experience either fever or cold and cough or flu or weakness.

Causes: According to yoga one of the causes is that when there is imbalance of energy internally in the body or when we have some stomach upset then we get this problem. Or some time we are exposed to external weather conditions which do not suits to our body and systems. Many other reasons such as sudden change in the temperature, staying out in extreme weather, wrong lifestyle and wrong eating habits, some viruses etc. are the main causes.

Remedies: A regular practice of yoga makes our immune system stronger to face these problems bravely. And also relieves us from these problems. Additionally regularly, good/balanced lifestyle, eating on time, keeping your stomach clean and healthy, good sleep and good behavior etc. also helps us improvements.

Beneficial Yoga Practices:

When you do these yoga practices you can stay away from these problems. But if you have flu and fever do not practice yoga till the time you have the problem. Start practicing yoga when you are not suffering from fever.

1. Netra jyoti kriyas	5 rounds in each direction
2. Khaki mudra	1 minute
3. Antrik Kumbhack	5 rounds according to capacity.
4. Vayu mudra	5 minute or as required
5. Mahasir Mudra	10 minutes as required
6. Makarasana	2~5 minutes
7. Ardh Kati asana	30 seconds x 5 rounds
8. Sarvangasana	1 minute
9. Shavasana	2~5 minutes
10. Dhanurasana	30 seconds x 3 rounds
11. Anulom Vilom Pranayama	3 minutes x 3 rounds
12. Surya bhedi Pranayama	1 minutes x 2 rounds
13. Kapaalbhati pranayama	1 minute x 3 rounds
14. Bhramari Pranayama	5~10 minutes
15. Jal Neti	3~4 times/ week
16. Chidshakti Meditation	10~15 minutes

Please read the steps, procedure, explanations of these asana, prayanayams and mudras in other pages of this book.

Anulom Vilom Pranayam is very beneficial for getting relief from cold, cough and flu. Chidshakti Meditation brings very good effects for improvements in balancing respiratory and nervous system.

Headache

For headache we have many remedies in yoga here under we are mentioning some of them.

Causes: Major causes of head ache could be any one or more than one of the following : Tension, stress, stomach problems, imbalanced diet, imbalanced lifestyle, sleeping in a wrong position, problem in blood circulation, breathing in a wrong way, fear, family problems and problems in the society, etc.

Remedies: One of the excellent ways out for removal of headache is to practice yoga. Among other remedies are drink less tea or coffee, keep your stomach clean and healthy, sleep in shavasana, don't use a big pillow while sleeping, stay happy and make meditation a part of your life. Yoga asana mentioned below can help reducing headache but there are certain precautions that you must take care while you do these asana. The precautions are mentioned below:

Tips for these yoga practice:

1. Do not do yoga too fast have some awareness while doing it, practice it slowly and very carefully.
2. In the beginning of your practice don't bend forward.
3. Avoid those yoga practices which require breathing too fast and hard.
4. Avoid inverted poses like sarvangasana, sheershasana, etc.
5. Keep your stomach clean, even if you have to go to the toilet many times.
6. Do not eat too much fried and spicy food.
7. While practicing yoga stay present. Try to stay away from stress and tension at least at the time of practice.

Beneficial Yoga Practices:

1. Kandh sanchalan	11 rounds in both directions with breath
2. Kati chakra asana	5 rounds in each direction
3. Karnd Bhedan Kriya	2~5 minutes
4. Khaki mudra	2~5 minutes
5. Antrik Kumbhak	5 rounds as per capacity
6. Bhahri Kumbhak	5 rounds as per capacity
7. Vayu mudra	5 minutes when required
8. Mahasir mudra	10 minutes when required
9. Makarasana	2~5 minutes
10. Balasana	2~5 minutes
11. Shalabhasan (half and full)	30 seconds x 3 rounds each
12. Taadasana	30 seconds x 3 rounds
13. Anulom Vilom Pranayama	1 minute x 3 rounds
14. Chandra Bhedi Pranayama	1 minute x 2 rounds
15. Surya Bhedi Pranayama	1 minute x 2 rounds
16. Kapalbhati Pranayama	1 minute x 3 rounds
17. Bhamari Pranayama	5~10 minute
18. Kunjal Kriya	2 times a month
19. Chidshakti	10~20 minutes

Meditation

Please read the steps, procedure, explanations of these asana, prayanayams and mudras in other pages of this book.

Anulom Vilom Pranayam is very beneficial for getting relief from headache. Chidshakti Meditation brings very good effects in solving chronic headache as well as relives on or off headaches.

Weakness, Fatigue & Allergy

Weakness means absence of requisite and balanced energy required to perform actions.

Fatigue means a state where one experiences lack of requisite energy which results in inability to perform right actions in balanced way.

Allergy is a reverse and uneasy reaction from certain products or elements. This is commonly called as Hypersensitivity Disorder. In this situation the immune powers of body systems become weaker and attacked by external forces.

When the energy in body becomes weaker immune systems is affected badly. This results in helplessness and weakness in all the systems of the body. These weaknesses open way for allergy, fatigue, etc.

Whenever body is suffering with these problems, more and more problems start attacking the body.

7. Ardh Kati asana	30 seconds x 5 rounds
8. Sarvangasana	1 minute
9. Shavasana	2~5 minutes
10. Dhanurasana	30 seconds x 3 rounds
11. Anulom Vilom Pranayama	3 minutes x 3 rounds
12. Surya bhedi Pranayama	1 minutes x 2 rounds
13. Kapaalbhati pranayama	1 minute x 3 rounds
14. Bhramari Pranayama	5~10 minutes
15. Jal Neti	3~4 times/ week
16. Chidshakti Meditation	10~15 minutes

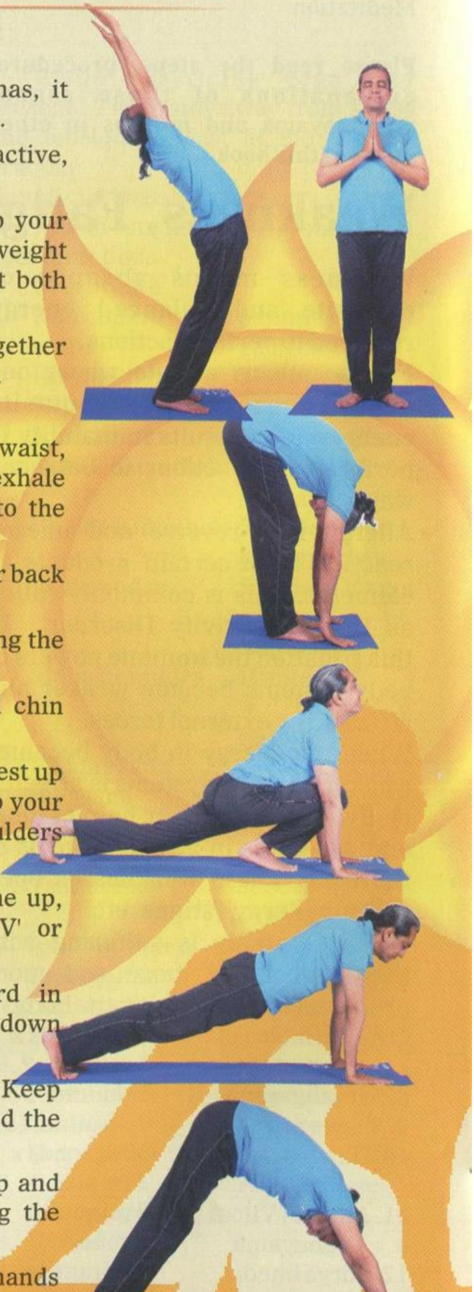
Please read the steps, procedure, explanations of these asana, prayanayams and mudras in other pages of this book.

Anulom Vilom Pranayam is very beneficial for getting relief from cold, cough and flu. Chidshakti Meditation brings very good effects for improvements in balancing respiratory and nervous system.

Surya Namaskar

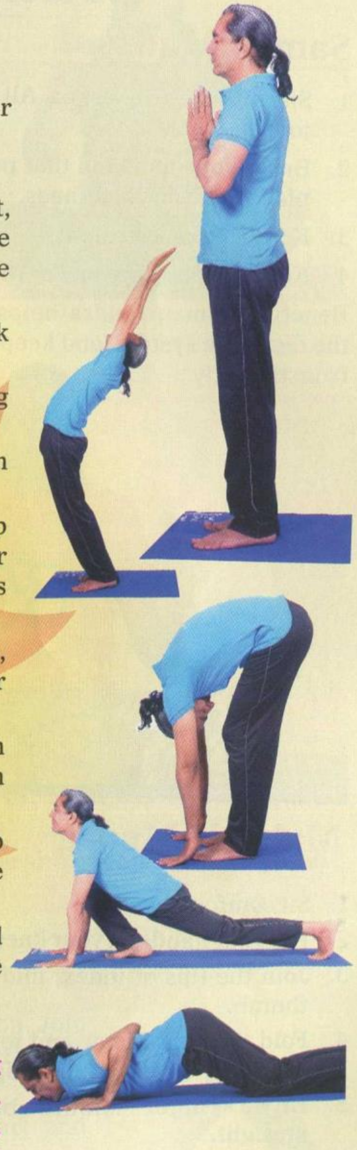
Sun Salutation

1. Surya namaskar is a series of asanas, it helps maintain the body physically fit.
2. All the organs in the body remain active, and hormones are balanced.
3. Stand at the edge of your mat, keep your feet together and balance your weight equally on both the feet. Inhale; lift both arms up from the sides.
4. Inhale, Exhale, bring your palms together in front of the chest in prayer position.
5. Inhale, lift the arms up and back,
6. Exhale; bend forward from the waist, keeping the spine straight. As you exhale completely, bring the hands down to the floor, beside the feet
7. Inhale, push your right leg back, as far back as possible, and look up
8. Exhale, take the left leg back and bring the whole body in a straight line.
9. Gently bring your knees, chest and chin down to the floor.
10. Inhale, slide forward and raise the chest up into the Cobra posture. You may keep your elbows bent in this pose, the shoulders away from the ears. Look up.
11. Exhale, lift the hips and the tail bone up, chest downwards in an 'inverted V' or paravatasana.
12. Inhale, bring the left foot forward in between the two hands, press the hips down and look up.
13. Exhale, bring the right foot forward. Keep the palms on the floor. You may bend the knees, if necessary.
14. Inhale, roll the spine up, hands go up and bend backwards a little bit, pushing the hips slightly outward
15. Exhale; bring your back straight and hands to prayer in front of the heart.



Surya Namaskar (continue)

16. Inhale, Exhale, bring your palms together in front of the chest in prayer position.
17. Inhale, lift the arms up and back.
18. Exhale; bend forward from the waist, keeping the spine straight. As you exhale completely, bring the hands down to the floor, beside the feet.
19. Inhale, push your left leg back, as far back as possible, and look up.
20. Exhale, take the right leg back and bring the whole body in a straight line.
21. Gently bring your knees, chest and chin down to the floor.
22. Inhale, slide forward and raise the chest up into the Cobra posture. You may keep your elbows bent in this pose, the shoulders away from the ears. Look up.
23. Exhale, lift the hips and the tail bone up, chest downwards in an 'inverted V' or paravat asana.
24. Inhale, bring the right foot forward in between the two hands, press the hips down and look up.
25. Exhale, bring the left foot forward. Keep the palms on the floor. You may bend the knees, if necessary.
26. Inhale, roll the spine up, hands go up and bend backwards a little bit, pushing the hips slightly outward.



Benefits: Surya namaskar helps in removing many diseases, specially diabetes, back aches, digestive problems, and it helps with obesity, respiratory and heart diseases. It regulates the circulation of blood in the body. It increases energy levels.

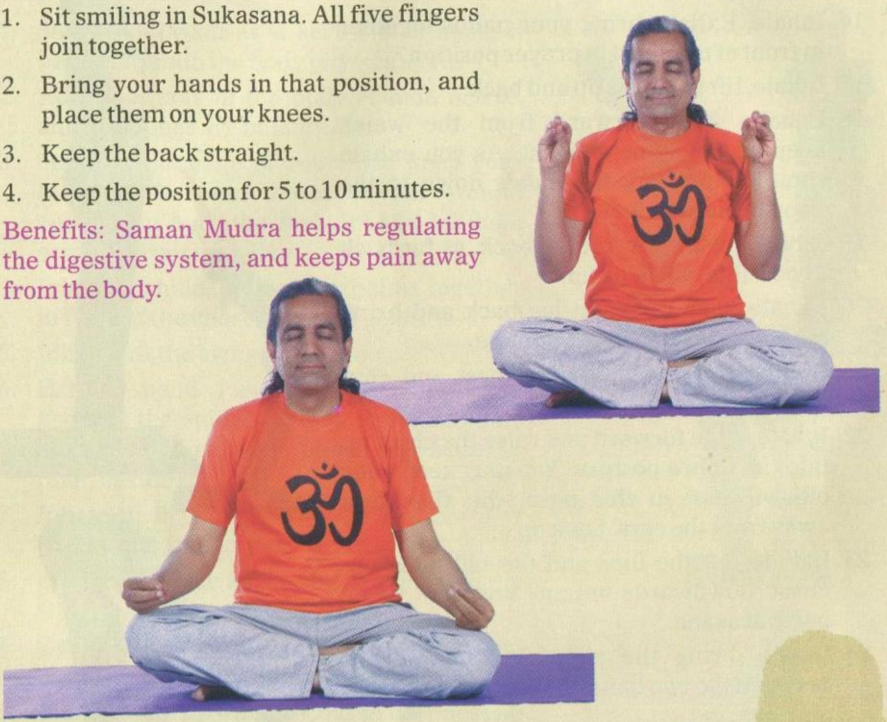
Precautions: Avoid during fever, severe surgery and migraine attack.

Mudra Science

Saman Mudra

1. Sit smiling in Sukasana. All five fingers join together.
2. Bring your hands in that position, and place them on your knees.
3. Keep the back straight.
4. Keep the position for 5 to 10 minutes.

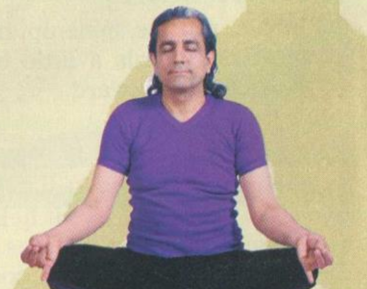
Benefits: Saman Mudra helps regulating the digestive system, and keeps pain away from the body.



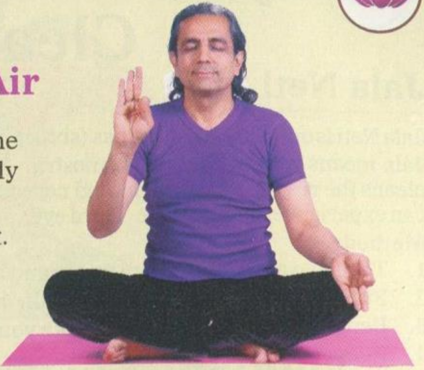
Mahasir Mudra

1. Sit comfortably.
2. Put your hands on your knees.
3. Join the tips of index, middle and thumb.
4. Fold the ring finger and touch the palm of the hand with the tip.
5. Little finger should be kept straight.
6. Close your eyes and relax.
7. Time: 10 minutes maximum.

Benefits: It reduces all types of mental difficulties. It reduces headache and migraine.



Vayu Mudra - Mudra of Air



1. Fold your index finger and place the tip on the base of the thumb, slightly press.
2. Keep the other three fingers straight.
3. Do it for a maximum of 10 minutes.

Benefits: Regulates the air in the body.

Khaki Mudra - Crow Mudra

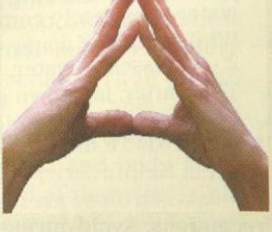
1. Sit in a comfortable pose.
2. Or do it on a standing position.
3. Inhale through the mouth as much as you can.
4. Hold the breath.
5. Move the belly forward and backward
6. Move the eyes up and down.
7. Move the chicks.
8. See with open eyes in third eye and blink the eyes.
9. Observe the capacity.
10. This can be repeated 5 times.
11. Lastly relax the body, eyes and self. Sit for a while with closed eyes.

Benefits: Gives good benefits to eyes, face and abdomen, strengthen digestion system, glow of the skin happen.

Hakini Mudra

1. Sit in sukasana or any comfortable position. Join the fingers of each hand. Do not put pressure.
2. Keep your back and neck straight.
3. Awareness between fingers, hands, heart and head.

Benefits: This mudra will increase self confidence, memory and will keep the body balanced.



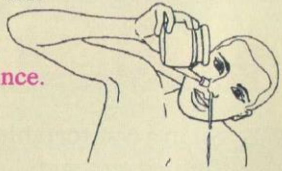
Cleansing

Jala Neti

Jala Neti is one of the Shatkarmas (six actions) as per yogic path.
Jala means water, Neti means nostril. Nostrils are flushed with saltish water. This cleans the respiratory systems and nervous system. After good practice of jala neti one can experience effects on the Third eye.

Method:

1. Take two glasses of warm water and add one tea spoon of salt.
2. Fill cooper pot and squat in dugdh duah asana while performing jala neti.
3. Bend the head to the left and take your left ear towards left shoulder.
4. Keep your head in such a way as water flows with gravitation force from another nostril. Breath through your mouth at all times.
5. Repeat for the right nostril.



Benefits: Helps with sinuses, eye infections, headache, migraine, hearing problems, tinnitus, and brain imbalance.

Precautions: Avoid during fever.

Trataka

1. Trataka is gaze concentration to any fixed point.
2. Focus your eyes on the light of a candle, or any other non-moving object. You can concentrate on the sunrise or sunset, for 30 minutes before it starts and when the reflection is not bright.
3. Try not to blink your eyes. Some tears may start falling out of your eyes.
4. Increase your time slowly.

Benefits: Improves eyesight, concentration and confidence, increases the light of the eyes. Removes eyes infections. Beautifies the eyes.

Precautions: Avoid during eyes infections, and do not perform with contact lenses or glasses.

Kunjal Kriya - Elephants Action

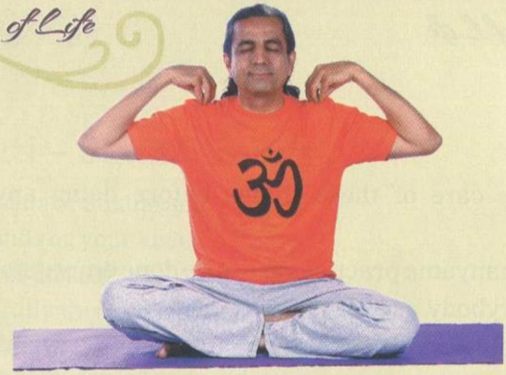
Kunjal means elephant. As an elephant drink water and then throw it out. In the same way we have to clean and wash our stomach. Best time to drink this luke warm salt water is in the morning on an empty stomach.

Method:

1. Sit on the floor, on a flat platform. Sit without any tension.
2. Drink luke warm salt water until you feel full.
3. Stand up and bend your head and back forward. Induce vomiting by bringing your middle and ring finger to the back of your tongue. Repeat until the water completely comes out of your stomach.
4. While vomit, if water taste is sour then repeat the process by drinking more 2 - 4 glasses of water.
5. Thereafter, lay down in shavasana for a while.
6. Do this cleansing under the supervision of an experienced teacher. It can be done twice a month.

Benefits: Helpful in irregular bowl movements, acidity, ulcer, constipation, gastric problems and blood pressure.

Precautions: Avoid during fever and surgery.



Pranayama - Science of Breathing

This is well known fact accepted by all that there is some higher energy (Shakti) thought which we can draw some pleasure in our life. Because of this Shakti there is life. Einstein said "Everything is energy; this is not philosophy but physics". Energy means shakti or prana.

What is Pranayama?

Understand the Prana, Direct the Prana, Expand the Prana, Control the Prana, Realize the Prana, Feel the Prana, Awakening the Prana is Pranayam.

According to Yogvashishth, if our prana is imbalanced then our mind also gets imbalance. And if the mind is imbalanced then we get many diseases. Many diseases arise due to imbalance of our prana. We born, we study, we get a job, we get a status, this cannot be called as complete life. We need to know our Prana to understand complete life.

The main reasons for mental problems are:

a) Not breathing correctly
b) Incorrect lifestyle
c) Incorrect eating habits
d) Improper sleep

Yoga gives us a lot of techniques to balance mind and life. Pranayama is one of the most effective techniques among all the techniques. When the prana gets balanced we experience peace.

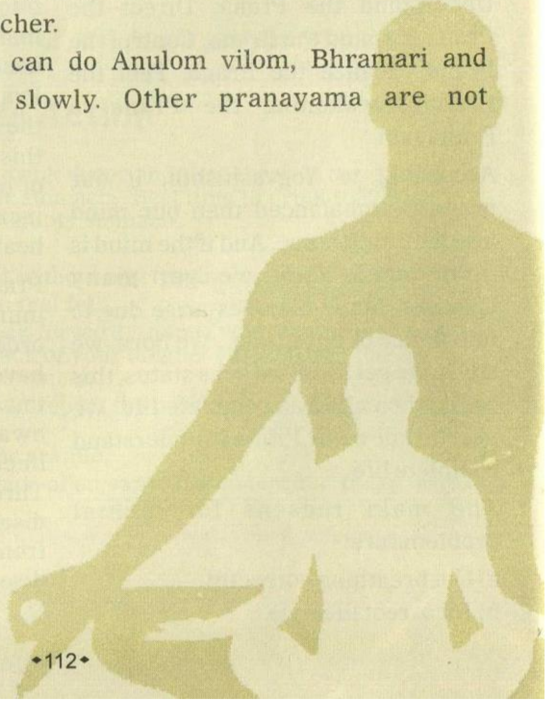
During anger or sadness our pran become imbalanced in our body. This imbalanced pran goes into our bones, into our nadis, into our muscles and makes our life miserable and slowly destroys our life. To balance these Prana in our body we should practice the techniques guided in yoga. With this we energize each and every part of our body, the stamina of our lungs increases and we can live longer and a healthier life.

Prananyama is a technique to make mind and body pure and clean. In order to know Prana, a person should have more attention and awareness towards it. When more and more awareness increases then mind becomes more calm and clear. Through prananyama we can keep the diseases of the mind and body away from us and get rid of many invisible diseases.

Precautions

We should take care of these things before doing any prananyama practice:

1. Mostly prananyama practices are to be done empty stomach.
2. It is for everybody, as everyone can do it.
3. Bhastrika and Kapalbhati prananyama is for everybody but these are not suitable for pregnant women, heart patients. Woman during menstruation should avoid these practices.
4. Do it with full concentration and happiness.
5. Keep eyes closed, mind free of thoughts during prananyama.
6. Keep your attention and awareness on the flow of Prana.
7. If you have too much pain in the body or restlessness then you should practice slower prananyama.
8. For better results most of the pranayama should be practiced in a sitting position. Keep neck, head and spine in one straight line.
9. One can also practice in lying down position, if you have problems in sitting. Practice it slowly with full concentration.
10. Some prananyama should only be practiced under the guidance and presence of your guru or teacher.
11. During menstruation, one can do Anulom vilom, Bhramari and Ujjayi pranayama very slowly. Other pranayama are not recommended.

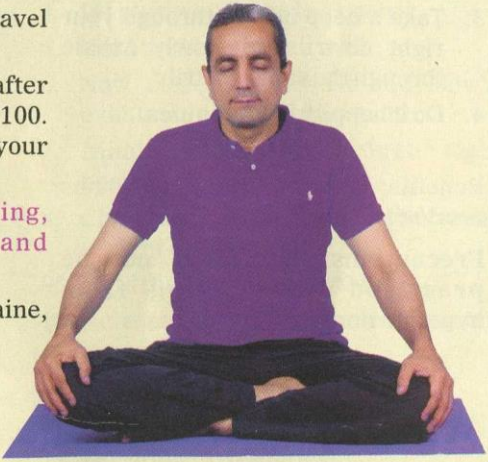


Kapalabhati – Skull Shining

1. Sit in Padmasana or Sukhasana.
2. Keep both hands on your knees.
3. Keep your eyes closed.
4. Exhale forcefully through belly and inhale naturally.
5. Start slowly and increase the speed.
6. In this practice you will feel light.
7. Concentration should be on navel region (Manipur chakra).
8. Start with 30 to 40 strokes, after more practice you can go up to 100. 3 to 10 minutes according to your capacity.

Benefits: Cleansing, invigorating, warming, prevents illness and allergies.

Precautions: Avoid during migraine, hypertension and pregnancy.

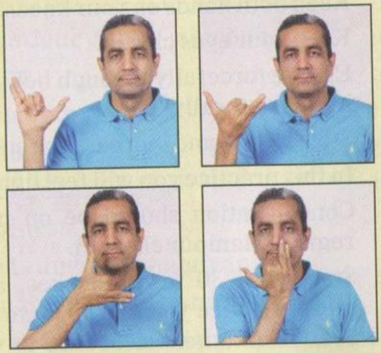


Ujjayi Pranayama

1. Sit in a comfortable pose.
2. Keep your back, neck straight.
3. Inhale and feel the pressure on the vocal cords and back of your neck.
4. Breathe through your nose. Keep your head slightly down.
5. While breathing you may feel a light pressure on your vocal cords.
6. Practice for 3 to 5 minutes.

Benefits: It helps in the cure of high blood pressure and heart diseases. It benefits the thyroid imbalances.

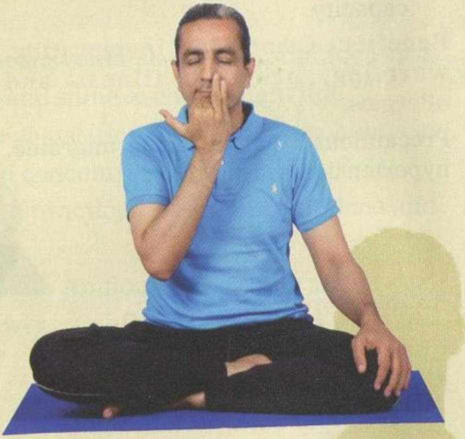
Surya Bhedi Pranayam
Revealing Secrets of Sun Pranayam



1. Sit with crossed legs or any comfortable position with your eyes closed.
2. Close your left nostril with your with the ring finger of your right hand.
3. Take a deep breath through your right nostril and slowly exhale through the same nostril.
4. Do it happily for 2 minutes.

Benefits: Relieves body aches, pains and Vat and Kaph problems.

Precautions: It should not be practiced if suffering from hypertension and migraine.

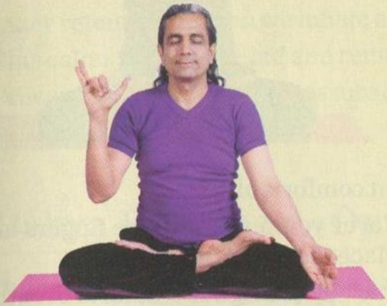


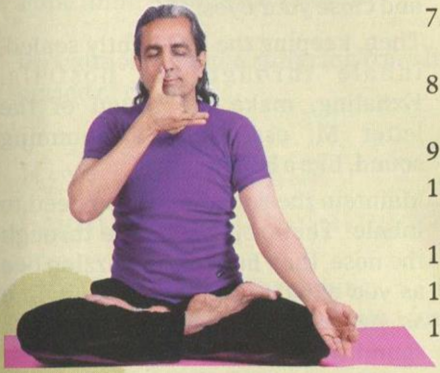
Chandr Bhedi Pranayam
Revealing Secrets of Moon Pranayam

1. Sit with crossed legs or any comfortable position with your eyes closed.
2. Close your right nostril with your with your right thumb.
3. Take a deep breath through your left nostril and slowly exhale through the same nostril.
4. Do it happily for 2 minutes.

Benefits: Relieves migraine and Pitta problems.

Anuloma Viloma Pranayama Alternative Nostrils Pranayam



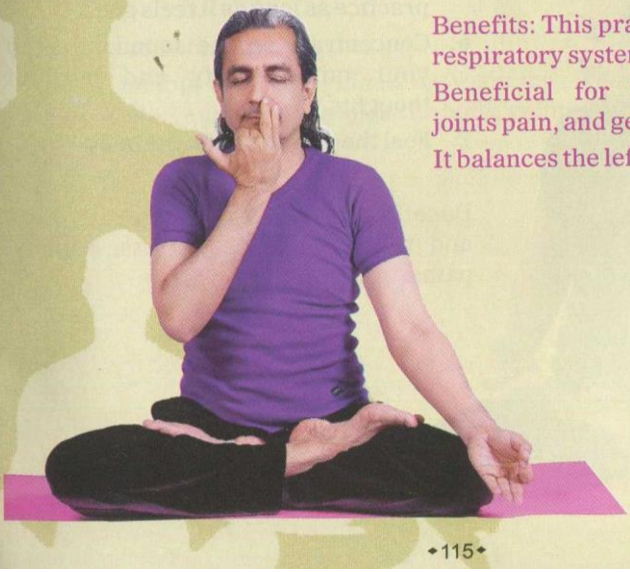


1. Sit in sukasana or any comfortable asana.
2. Keep your back straight.
3. Close your right nostril with thumb of your right hand.
4. Inhale through the left nostril.
5. Hold the breath for a while
6. Now close left nostril and slowly exhale through right nostril
7. Inhale forcefully through right nostril.
8. Close the right nostril with the thumb of right hand.
9. Hold the breath for a while
10. Release breath slowly through left nostril.
11. Eyes closed all the time
12. Awareness on third eye all the time.
13. Duration: 10 minutes.

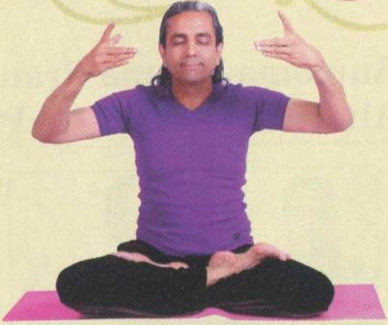
Benefits: This pranayama will keep your respiratory system balanced.

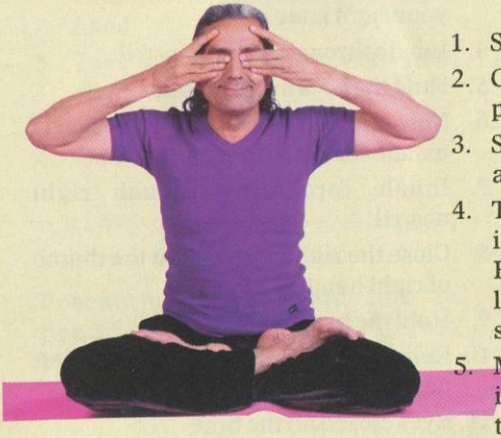
Beneficial for headaches, migraine, joints pain, and general pain in the body

It balances the left and right brain.



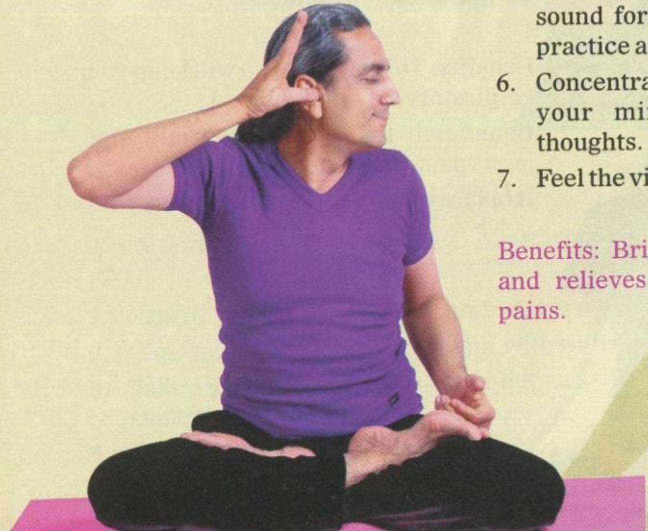
Brahmari Pranayam - Humming Bee Pranayam





1. Sit comfortably.
2. Cover your eyes with the fingers and place the thumb in your ear.
3. Start by taking a few natural breaths, and close your eyes.
4. Then, keeping the lips lightly sealed, inhale through the nostrils. Exhaling, make the sound of the letter M, essentially a humming sound, like a bee flying.
5. Maintain the sound until you need to inhale. Then repeat: Inhale through the nose, then hum like a buzzing bee as you exhale. Continue by inhaling as needed and exhaling with this sound for several minutes. You can practice as long as it feels good.
6. Concentrate on the sound, to keep your mind empty and without thoughts.
7. Feel the vibrations on the body.

Benefits: Brings calmness of the mind and relieves tensions, stress, anxiety, pains.



Breath Holding

Antar Kumbhak - Inner holding of the breath

Inner retention is when we inhale and hold the breath in.
This calms down the mind and removes confusion.
Precautions : High blood pressure sufferer should avoid.

Observe the capacity.

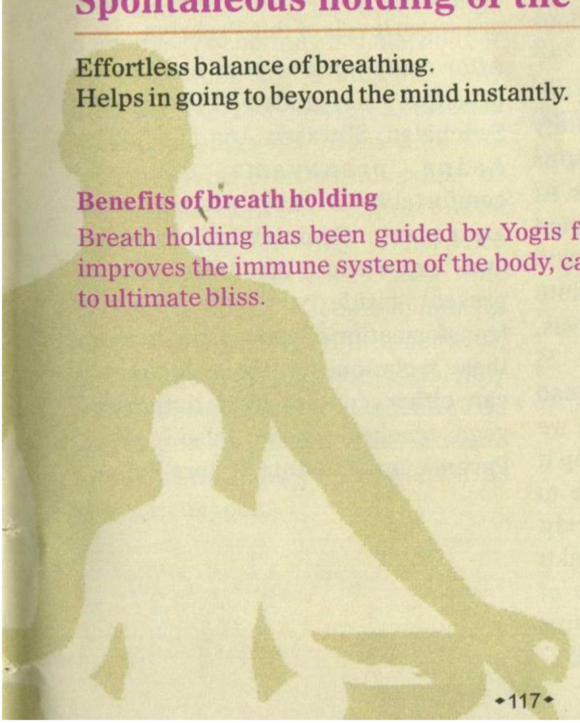
Bahya Kumbhak - Outer holding of the breath

Outer retention is when we exhale and hold the breath out.
Time limit: As per your capacity

Precautions: People suffering from hypertension should only hold for a short period of time.

Kevala Kumbhak Spontaneous holding of the breath

Effortless balance of breathing.
Helps in going to beyond the mind instantly.



Benefits of breath holding

Breath holding has been guided by Yogis for ages. It leads to hypoxia and improves the immune system of the body, calms the agitated mind and leads to ultimate bliss.

Chidshakti Prakriya Meditation Techniques

Beauty has a fear of getting old. Life has fear of death. Victory has fear of defeat. Fame has fear of Ill-fame. Rich has fear of losing and healthy has fear of sickness. All kind of happiness leads to sorrow. For blissful life we need to find out ways to get rid of these sufferings and fear. We have some glimpse of Supreme Shakti (Supreme Consciousness / Supreme energy) within us which is known as Chidshakti. Chidshakti is fearless, free from pains, sufferings and full of bliss.

When Chidshakti awakens then we get rid of all the sufferings, pains and diseases. We experience tremendous peace, pleasure and bliss.

Our brain power enhances and our relation with people and in the society gets better. When Chidshakti awakens then we get more than 147 benefits. At the same time we become free from stress, tensions, sleeplessness and pains. We should take our one minute out of every one hour for ourselves. Out of 24 hours we should take 24 minutes for ourselves. This will lead our lives to higher levels. Like we charge our mobile phones and keep it with good care likewise we have to charge and take care of our body, mind and feelings too. Chidshakti Prakriya gives us a special type of energy. In this practice a person gains a lot physically, mentally, spiritually, socially and emotionally. Besides this he can meet many supreme experiences.

Param Pujya Swami Paramanand Girji gave many meditation and awakening techniques during his 56 years of sainthood to mankind. He taught many secret techniques to one of his obedient and chief disciple Dr. Omanand. One of the most powerful technique Chidshakti Prakriya was gifted by him on Jan29th, 2012 in Paramanand Ashram, Indore, MP India, in the presence of a large gatherings for the development and enlightenment human beings. There are seven levels of this Prakriya.

After completion of your entire yoga practices* as guided (Prayer, Ang Sanchalan, Shwasan Ang Sanchalan, Asana, pranayama, etc.) sit comfortably in any position with awareness. Completely surrender and experience the bliss that is present inside you. For complete transformation of energy and to learn these techniques in more detail, you can either contact local authorized yoga teacher or can also contact Paramanand Institute, Indore, India.

Tips of Chidshakti Prakriya Meditaion :

After completing yoga practices sit in either Sukhasana or Padmasana or vrajasana comfortably with deeper relaxation, hands in gyaan mudra. Don't bring any stress in your brain relax your head and mind and close your eyes.

Start with concentrating on your breath. If, you know mantra, then powers of mantra also helps in deeper awakening. You can concentrate on mantra and slowly slowly take your concentration between your eyebrows on the third eye. Don't give any stress or pressure on the third eye but just be present with awareness. If you get any thoughts then bring your concentration back to your third eye.

Try and sit with no desires and demands. Try nothing is done, neither by body nor by mind but only awareness. You may experience different emotions. Sometime old sufferings or sorrows or pains or happiness can be experienced besides this you may experience many cosmic experiences. Some time laughter or smile or deeper happiness may also erupt. Some time inner trash or garbage comes out. But ultimately mind become very peaceful and stable and you experience ultimate bliss. You may stay in this position, as long as it happens.

Then slowly rub your palms and bring your hands to your face and three times chanting very gentle and deeper Om.

If you are not able to understand this and you want to try this practically, you can contact Paramanand Institute of Yoga Sciences & Research.

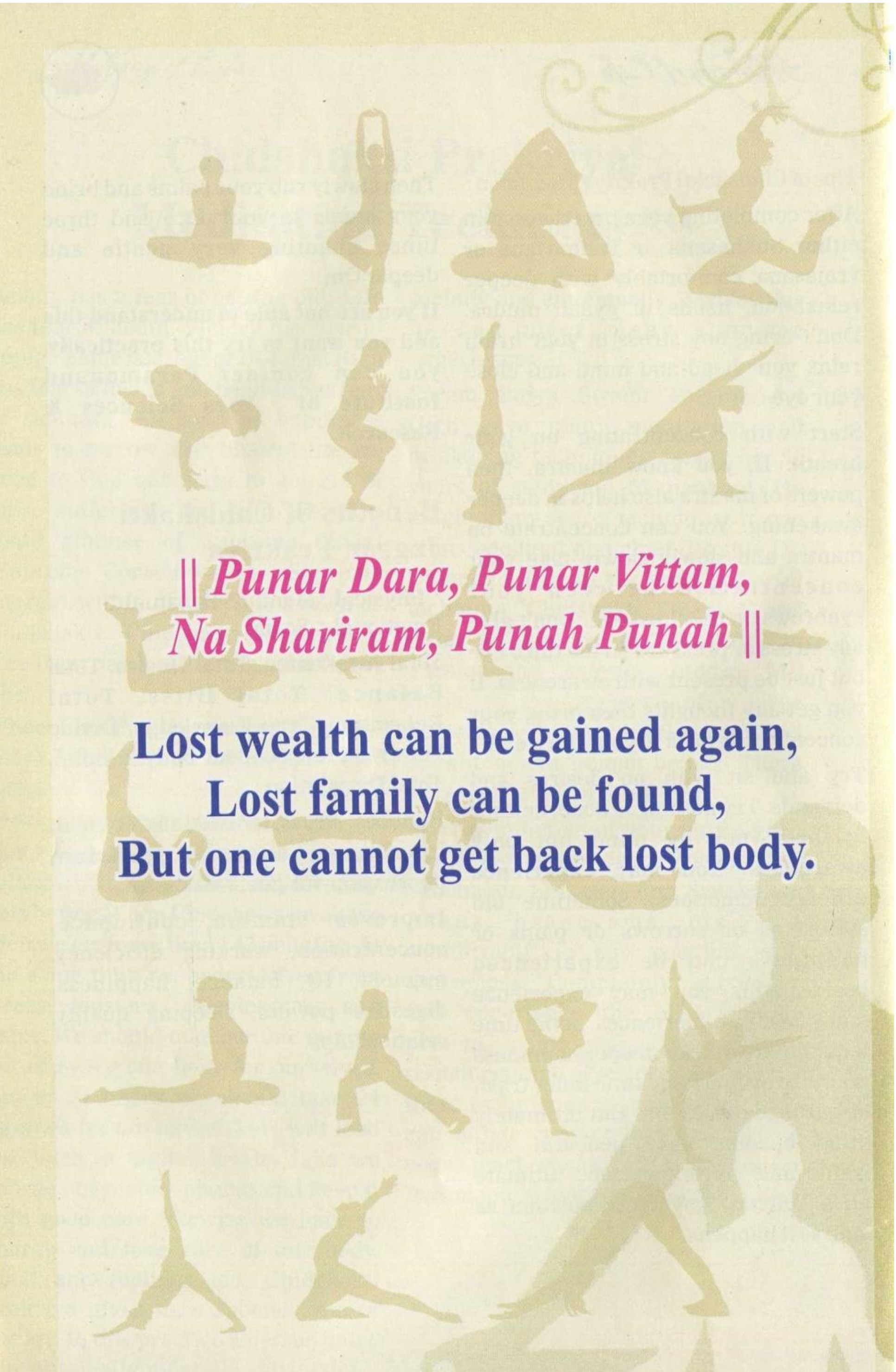
Benefits of Chidshakti Jagran Prakriya

* Physical *Mental * Spiritual * Emotional * Social

Total Awakening, Total Health, Total Balance, Total Bliss, Total Relaxation, True Knowledge, Divine Powers, Transcendent body & mind, Total Dissolution

Reduces: stress, tension, anxiety, fear, loneliness, anger, dispassion, depression, fatigue, weakness.

Improves: stamina, confidence, concentration, working efficiency, memory, IQ, balance, happiness, digestive powers, sleeping quality, relationships.



|| Punar Dara, Punar Vittam,
Na Shariram, Punah Punah ||

Lost wealth can be gained again,
Lost family can be found,
But one cannot get back lost body.

Testimonials and Experiences under the guidance of Dr. Omanand

It was a very deep and intense experience for me. I could see a lot of Shakti (energy) in my inner vision, ...Audra McClelland (Ma AditiAnanad), **USA**

I was speechless and witnessed the symbol ॐom at the same time hearing the sound ॐom, in my internal self. I felt my whole body and insides being drawn upward to become part of the surrounding skies.
Jason Searing (Jitatmanand), **England**

..... I felt like a new-born, my whole body light, clean, my soul pure, beautiful....
SlavomiraFrankova (Ma Lakshmi Anand), **Slovakia**

All impurities and toxins released, I feel so great, and lighter. I got my new life.
Ursula Pieter (Ma Shakti Anand), **The Netherlands**

Amazingly I never want to come back .... I felt I am flying in sky or walking on clouds where there was no need to talk and absolutely silence.
Aryanaz Divsalar (Ma Aryananad), **Bahrain**

This is an amazing book. I have many of my own personal experiences that are described in the book. Thank you, Guruji, for your kind guidance and support.
Bara Gabzdylova (MaaBinduAnand), **The Czech Republic.**

My whole body was flowing with pleasant electric current. Manipur Chakra was moving on its own. I cannot explain the divine experience in words. This is awesome..... Silvia (Ma Shanti Devi), **Spain**

My life used to be full of unknown fear, worries and anger. Meditation under the guidance of Guruji has changed everything. Often flowing with stream of tears. cleaned my obstacles..... Monique (Ma Mani Padme), **Australia**

Heard divine sound (Anahat Naad) in meditation and true cry was happening. Divine experience of Shakti flow was everywhere..... Kate(Ma Kanti Ananad), **Australia.**

I was suffering from severe back pain for long period. Pain disappeared, many divine experiences happen beyond body and mind. Life is transformed completely..... Stefan (Shivananda), **Germany**

Paramanand
Yoga

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